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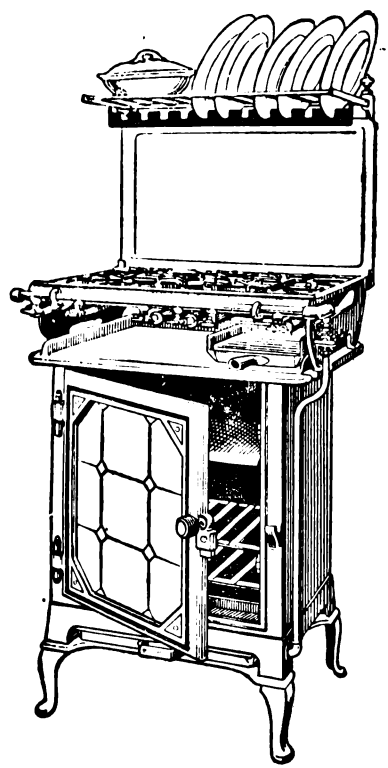

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THE BOOK

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PREFACE

MRS. BEETON has been the guide, philosopher, and friend of countless happy homes for more than half a century. Her Cookery Books, of which this is one of the most successful, have appeared among the wedding presents of brides as surely as the proverbial salt cellars, and thousands of grateful letters from all English-speaking countries testify that they have often proved the most useful gifts of all. Mrs. Beeton's competitors have paid her the compliment of imitation and adaptation up to, and sometimes beyond, the limits that the law allows, but her work stands to-day, as of old, without a rival. Press and public alike proclaim its merits, and even the writers of romances of domestic life have recorded how it constantly rescues young housekeepers from perplexity and woe.

"THE FINEST HOUSEKEEPER IN THE WORLD."

Sir Arthur Conan Doyle, in his study of married life, entitled "A Duet, with an Occasional Chorus," makes his heroine say—"Mrs. Beeton must have been the finest housekeeper in the world. Therefore, Mr. Beeton must have been the happiest and most comfortable man"; and his hero concludes that Mrs. Beeton's book "has more wisdom to the square inch than any work of man" a wonderful testimonial when one remembers that the book (HOUSEHOLD MANAGEMENT) thus praised contains more than 80,000 square inches of closely-packed information.

TRIED AND TESTED—NEW FEATURES.

The great reputation of Mrs. Beeton's Cookery Books was not attained solely by the merits of the first issues. The books have been tried and tested, and not found wanting, by generations of successful housewives. Mrs. Beeton brought to their origin such ability, method, and conscientious care that with the exception of

corrections demanded by changing times, materials, utensils and labour-saving appliances, her work stands, with but little amendment, unaltered to the present day. But while little has been taken away, much has been added. The changing years have brought additional information, new features and increased size.

CHANGING TIMES.

In cookery, for example, where the growth of recipes is most noticeable, many causes have contributed to change. Every tendency of modern life, in spite of reduced incomes, is towards greater variety in diet and consequent enlargement of the housekeeper's responsibilities and her need of such knowledge as this volume aims to impart.

Years ago, Mrs. Beeton and her Publishers felt the demand for, and the necessity of producing, Cookery Books that would meet the requirements of smaller households than those in which such a very comprehensive volume as MRS. BEETON'S HOUSEHOLD MANAGEMENT is a necessity; consequently they published the present volume (MRS. BEETON'S COOKERY BOOK), MRS. BEETON'S FAMILY COOKERY, MRS. BEETON'S EVERY-DAY COOKERY, and MRS. BEETON'S ALL ABOUT COOKERY, confident that the public would find them the best of their kind, and in them a fund of information—more, indeed, than is to be found in any other work on cookery of comparative size and price. That such confidence has been justified is proved by the welcome and popularity that have been accorded these books.

FEATURES OF NEW EDITION.

Among the principal features of this new issue of MRS. BEETON'S COOKERY BOOK are the following:—

COOKERY.

All the old cookery recipes have been carefully re-tested, and the details modified, wherever necessary, to suit present-day conditions, thus ensuring the best results, always with due regard to economy, the necessity for which is now more fully acknowledged than ever.

The Chapters on Cookery have been edited and revised by Mr. C. Herman Senn, M.B.E., F.R.H.S., assisted by some of the most famous chefs and teachers of the culinary arts.

THE ART OF "USING-UP."—The cry and the need for economy is, as we have said, greater to-day than ever. What cook, if allowed to do so, does not prefer to work with "new" ingredients? The good housewife makes food go "as far as possible."

To meet her requirements, a number of recipes for the utilisation

of odds and ends have been included showing how nourishing, tasty, and daintily garnished dishes may be prepared from portions of fish, poultry, game and meat that have already made an appearance at the table.

ENTRÉES AND LUNCHEON DISHES.—The present-day tendency is towards variety in all things—especially as regards food. Joints and other solid fare are excellent for the set dinner, but nothing is more suitable for a light and quickly prepared lunch or dinner than an entrée. This being usually handed round, comes more under the eye of the consumer than most dishes; therefore great care must be taken in its preparation. If the instructions in our recipes are carefully followed, satisfactory results will be obtained with but little difficulty.

INVALID COOKERY.—Never has the importance of correct feeding of the sick and convalescent been more widely recognised. Suitable food, properly cooked and tastefully served, has saved many a patient who would otherwise never have been able to pull through after a long and trying illness. The recipes in this section, the outcome of many years of medical and culinary experience, have been thoroughly revised and embody the most recent principles of medical science.

VEGETARIAN COOKERY, which is strongly believed in and practised by many thousands, has been carefully dealt with, and recipes for all kinds of dishes are included.

CARVING.—Our ancestors held a practical knowledge of this art indispensable to the education of every gentleman. We moderns also realize how much a really good carver can do towards making a bird or joint "go farther," distributing choice portions equally, and maintaining sightliness throughout. The art has been thoroughly dealt with and illustrated by a unique series of photographs of professional methods.

TRUSSING.—This, a frequent difficulty in small households, has also been carefully explained and illustrated by photographs, showing the best and easiest methods.

HOUSECRAFT.

LABOUR-SAVING IN THE HOME.—The continued shortage of domestic labour and the high wages paid have forced many mistresses to take a larger share in the work of the house themselves. Many women who formerly employed three or four servants now find themselves with one, or possibly with only a charwoman. In these circumstances many labour-saving devices have come to help the harassed housewife. And although some of these, at first sight, are expensive, the labour they save will soon make the

housekeeper appreciate how economical they really are. And it must be remembered that they are saving servants' wages as well. The chapter shows not only what labour-saving devices can accomplish, but also how unnecessary work may be eliminated if the home is run on labour-saving principles.

LAUNDRY WORK.—Until recently, owing to the shortage of domestic labour, comparatively little laundry work was done at home. Mechanical washing, wringing and ironing machines are, however, gradually finding their way into households, so that it has been thought advisable to include a new chapter on Laundry Work. Our aim is to instruct the housewife in the principles of Hand Laundering and to show her how to use the up-to-date machines now provided for the domestic laundry.

HOUSEHOLD HINTS AND RECIPES.—This useful section has been greatly amplified and carefully revised. Even the most experienced of housewives is often in doubt as to the best method of cleaning or repairing some article, and will be glad to refresh her memory with a glance at these recipes. To the novice the section is a mine of information.

PRODUCTION.

APPEARANCE.—The book has been re-composed throughout from a special fount of new type, printed on the best British paper, and strongly and artistically bound.

ILLUSTRATIONS.—The book is lavishly illustrated in the manner which experience has shown to be most useful. Photographic reproductions of actual dishes and materials are included, and in many cases the modes of preparation are shown in all their stages. No expense, however great, has been spared in obtaining the best possible results. The numerous coloured plates speak for themselves, and will be found not only ornamental but extremely useful.

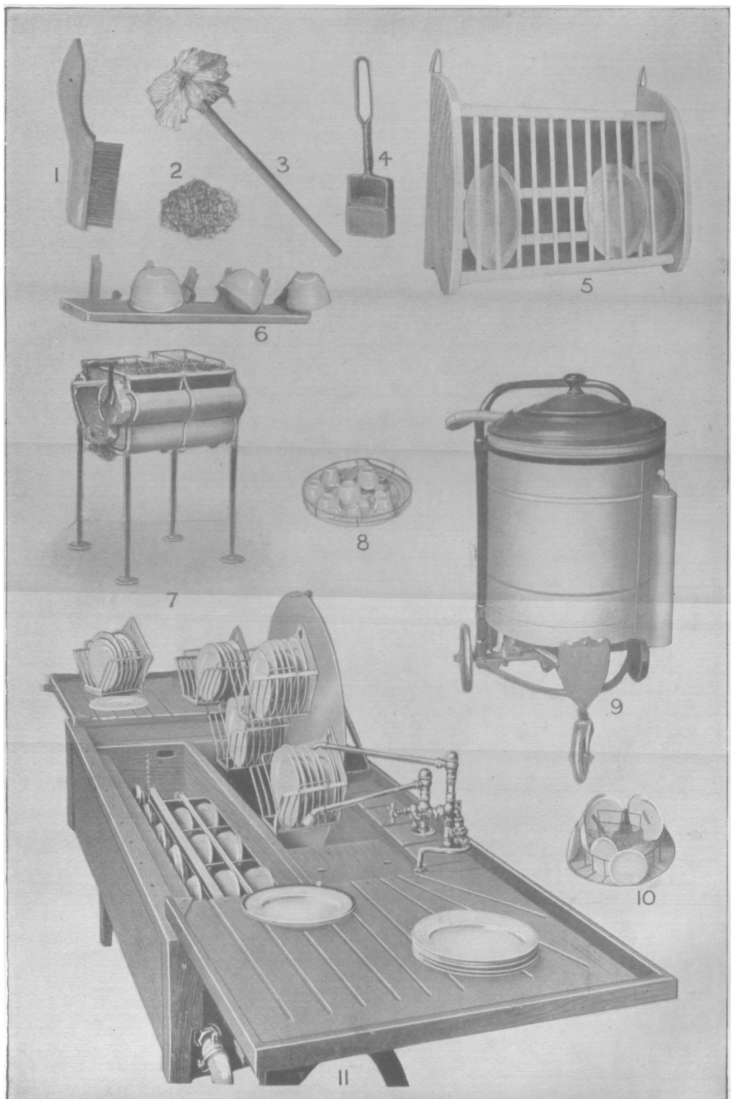
The publishers have every confidence that this entirely new and revised issue will meet with the same hearty welcome that its old and well-tried predecessors enjoyed.

WARWICK HOUSE,
SALISBURY SQUARE,
LONDON, E.C.4.
1923.

ELECTRIC TABLE APPARATUS

Griller, Waffle Iron, Toaster, Milk or Water Heater, Coffee Percolator, Iron, Water Kettle, Tea Pot with Infuser, Hot Plate.

MECHANICAL CROCKERY WASHERS



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HOW TO USE THE BOOK.

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ARRANGEMENT.

The book is arranged in sections, corresponding with the order in which meals are usually served. Thus if in search of a recipe for soup of any kind look under *Soups*; for any kind of Pudding under *Puddings*; and so on. Should there be any difficulty in finding any particular recipe, refer to the very full *Index* at end of the book.

All recipes are arranged alphabetically in their respective Sections.

INDEX.

The book has been fully and carefully indexed with a view to making it easy to find, in a moment, any desired recipe or item of information.

INGREDIENTS AND QUANTITIES.

At the foot of most of the recipes is a statement of the number of persons for whom the ingredients are sufficient. Quantities can be readily increased or decreased for any required number of persons, but the *proportions* used must not be altered, or the dish will suffer.

PRINCIPLES OF COOKERY.

The introductory matter at the beginning of each section applies especially to recipes in that section and amplifies the general principles of cookery laid down in the general introduction. Thus in "*Methods of Cookery*" it is only possible to set out the general principles of cookery. Should the cook desire specific instructions for *Baking Cakes* or for *Steaming Fish*, she should turn to the chapter on Cakes or Fish, where all necessary information will be found.

MRS. BEETON'S COOKERY BOOK

THE HOUSEWIFE.

HOUSEKEEPING has been aptly described as the "oldest industry." It is certainly the most important, the very linch-pin of life's daily round. Widely recognized as this fact has always been, the War, and still more the problems arising from the War, gave it new prominence. Woman has extended her influence in every sphere; and in that which has always been peculiarly her own her position is more unassailable than ever. To use language appropriate to this volume, it may be said that while statesmen may carve nations, good cooks alone can consolidate them.

There are those—not many nowadays—who hold that housekeeping is a matter of instinct and the light of nature. Many women have, it is true, an inherited capacity; but, like all other arts, this of domestic management must be cultivated, and even the most self-reliant of brides is generally willing, after a short experience, to concede that she is glad of such counsel as a well-tried book like this can give.

Whether the establishment be large or small, the functions of the housewife resemble those of the general of an army or the manager of a great business concern. It is hers to inspire, to mould, direct; vigilance or slackness on her part will alike inevitably be reflected back. The most successful housewives are those who, as in other walks of life, make themselves *felt* rather than seen or heard. Constant nagging never yet made a good servant: on the other hand, a too-easy rule and undue familiarity are bad alike for housewife and for maid. In every household there are occasions when the housewife can, without loss of dignity and without suspicion of intrusiveness, show that she is interested in the lives of those about her and genuinely concerned for their welfare. Servants, for their part, can always give "that little more, and how much it is," which raises the relationship from that of mere wage-earning to one of respectful friendliness and willing co-operation. On the day that mistresses and maids realize their common humanity, their mutual dependence, and their mutual interest, the servant difficulty will disappear.

MANAGEMENT OF SERVANTS.

Where there is a large staff of servants or a number proportionate to the work that is to be done in the house, there should be no need for the mistress to give any assistance: her duty should be only to supervise or see that each domestic thoroughly does his or her own work. Servants who need their mistress at their elbows to see that they do their work are not worth keeping. Let them know exactly

what they have to do, and the way and order in which it is to be done, being quite sure that they have *time* for the performance of their daily duties, show them anything they have to learn, then exact the strict carrying out of each day's programme. Do not gloss over faults or carelessness, and never allow one day's work to be left for the next. Be firm, strict, yet kind and thoughtful for your servants, and they should respect you and carry out your wishes. If they will not do so after a fair trial it is better to part with them rather than have any discomfort in the household. A far less easy task is it to manage where there is but one servant to do all the work. We say all the work, but a general servant cannot thoroughly do all that is to be done, unless it be in a very small house. The question of how to help in these cases is rather a vexed one. Some say the mistress should do all the cooking, but this we think a mistake, for should she be unavoidably prevented from going into the kitchen the servant may not be able to take her place.

If the servant is inexperienced, her mistress should be able to show her how to do all that is necessary in plain cooking, and let her do that part of it every day, reserving for herself the task of making pastry or any other troublesome or fanciful dish that a general servant would not have time to undertake.

There are many ways in which a mistress can help without being much in the kitchen. Say in the turning out of a room. The hard work may be the sweeping and scrubbing, but the time absorbed is in the preparation of the room for sweeping and the dusting and arranging afterwards. Leaving the harder part to the servant, the mistress might well do the other: also she might lay the cloth and do very many other little tasks that vary in every household, only remembering that her servant should know how to do all that she herself undertakes in case she may on occasion be prevented from rendering assistance.

HOUSEHOLD WORK.

Whether cottage or mansion, whether there are many servants or only one or none, there need be but little difference in the way household duties are performed.

Cleanliness, neatness, and regularity should be the ruling qualities of the good housewife and her assistants, and there may be as much comfort and order in homes where but little labour can be hired as in those where there is a full staff of servants.

A great deal, of course, hinges upon the management; and if this is good there is always time for everything.

Mistresses with no practical knowledge of domestic work are apt to be unreasonable. Let them take anything in hand for the first time and do it thoroughly, and in nine cases out of ten it occupies more time than they thought it would.

Servants are no quicker than we are, and we should know for ourselves exactly how long it takes to do every household task, so that we need not allow laziness, or expect too much from those we employ.

Knowing then the time it takes to scrub a floor, sweep a room, etc., let the mistress reckon up the weekly work of the house and divide it as well as she can, so that all can be got through without hurry or fuss. Should it be found in this reckoning of time against labour that they will not balance, and there is more than her help or helpers can accomplish unaided, let her assign to herself certain duties, and carefully and *regularly* perform them, thus setting a good example. In every day's work, allow a margin of time for delay caused by interruptions or accidents, and remember that servants

need, and should have, a little time to call their own.

ADVICE FOR THE KITCHEN.

Cleanliness is the most essential ingredient in the art of cooking, a dirty kitchen being a disgrace both to mistress and maid.

Be clean in your person, paying particular attention to the hands, which should always be clean.

Constant washing of the hands and thorough drying not only keeps them softer and whiter, but prevents them chapping in cold weather.

Do not go about slipshod. Provide yourself with good, well-fitting boots. You will find them less fatiguing in a warm kitchen than loose, untidy slippers.

Provide yourself with at least a dozen good-sized, serviceable cooking-aprons, made with bibs. These will save your dresses, and keep you neat and clean. Have them made large enough round so as nearly to meet behind.

Never waste or throw away anything that can be turned to account. In warm weather any gravies or soups that are left from the preceding day should just be boiled up, and poured into clean pans. This is particularly necessary where vegetables have been added to the preparation, as it then so soon turns sour. In cooler weather, every other day will be often enough to warm up these things.

Every morning visit the larder, change dishes and plates when necessary, empty and wipe out the bread-pan. Twice a week the larder should be scrubbed out.

In hot weather keep fish and meat covered with wire screens or muslin to keep off flies. A large porous flower-pot wrapped in a wet cloth and turned over the butter, or some fresh cabbage leaves wrapped round it, will keep it firm.

In cooking, clear as you go; that is to say, do not allow a host of basins, plates, spoons, and other utensils to accumulate on the dressers and tables whilst you are engaged in preparing the dinner. By a little management and forethought, much confusion may be saved in this way. It is as easy to put a thing in its right place when it is done with, as it is to keep continually moving it, to find room for fresh requisites. For instance, after making a pudding, the flour-tub, rolling-pin, and the paste-board should be put away, and any basins, spoons, etc., taken to the scullery, neatly packed up near the sink, to be washed when the proper time arrives. Neatness, order, and method should be observed.

Much time is saved by putting all pots and pans away clean and ready for further use, and all meat and other food should be placed on clean dishes or plates before they are consigned to the larder.

Never let your stock of spices, salt, seasonings, herbs, etc., dwindle down so low that, some day, in the midst of preparing a large dinner, you find yourself minus a very important ingredient, thereby causing delay.

If you live in the country, have vegetables gathered from the garden at an early hour, so that there is ample time to search for caterpillars, etc. These disagreeable additions need never make their appearance on table in cauliflowers or cabbages, if the vegetable in its raw state is allowed to soak in salt and water for an hour or so. Of course, if the vegetables are not brought in till the last moment this precaution cannot be taken.

Be very particular in cleansing all vegetables free from grit. Nothing is so unpleasant and nothing so easily avoided, if but common care be exercised.

When you have done peeling onions, wash the knife at once, and put it away to be cleaned, and do

not use it for anything else until it has been cleaned. Nothing is nastier, or more indicative of a slovenly and untidy cook, than to use an oniony knife in the preparation of any dish where the flavour of the onion is a disagreeable surprise.

Thrusting the knife once or twice into the earth will take away the smell.

For Kitchen Maxims and Labour-saving Devices, etc., see next chapter—Labour-saving in the Home.

ORDER OF WORK.

We give the following routine of the work of an imaginary small house, where there would be one or two servants only to wait upon and serve a family of four or six persons.

Monday.—The home washing.

Tuesday.—Sweeping and cleaning of servants' bedroom or one or two other rooms, and stairs cleaned down to lower floor.

Wednesday.—The sweeping and cleaning of best bedroom, and windows.

Thursday.—Cleaning and turning out of cupboards, and cleaning of passages and remaining stairs.

Friday.—Sweeping and cleaning of drawing-room, and cleaning of silver.

Saturday.—Sweeping and cleaning of dining-room and kitchen, tins, coppers, etc.

Besides these daily tasks mentioned, must be reckoned the bed-making, the dusting, the cooking and washing-up, and the hundred and one things that have to be accomplished in the smallest of households, these generally coming in the following order: the windows must first be opened, then, unless an electric or gas oven is used, the kitchen range must be brushed and cleaned, the fire lighted and the kettle put on. Next comes the dining-room in daily use to be got ready for breakfast; the rug must be rolled up, the table cover shaken and folded, the room swept (using tea-leaves if the floor is carpet covered, except, of course, where a suction sweeper is employed), the grate cleaned and the fire lighted, then the room must be dusted and the cloth laid for breakfast. Next in order comes the hall; which must be swept, the doorsteps cleaned, and the brass of the door polished. Boots and knives must also be cleaned before the breakfast is cooked. Directly the servants' breakfast is over, beds should be stripped and bedroom windows opened. Then will come the clearing away of the breakfast things and the washing-up; then the slops should be taken from the bedrooms, the jugs filled, the beds made and the rooms tidied and dusted; and between the time that this work is finished and the midday meal time, the cooking (if any) can be done, and the cleaning of whatever rooms arranged for on that day accomplished. Where there are two servants, one of whom is a housemaid, she will have to be dressed by the midday meal; but where there is only a general servant she is not expected to change her dress till after she has washed up and tidied her kitchen.

Then comes the preparation of tea or dinner, the clearing away and washing up of this, and the taking up of hot water for the night.

Thus, very roughly sketched, the day's work has to be done in the ordinary small household.

LABOUR-SAVING IN THE HOME.

LABOUR-SAVING DEVICES.

THE shortage of domestic labour, and high wages have forced housekeepers to take a much larger part in the work of the house themselves. Many women who formerly used to employ three or four servants now find themselves with only one, or, possibly, only a charwoman. In these changed circumstances, labour-saving devices have come to help the harassed housewife out of her difficulties. And, although many of these devices, at first sight, are expensive, the amount of labour they save will soon make the housekeeper appreciate how cheap they really are. And it must be remembered that they are saving servants' wages as well.

THE LABOUR-SAVING HOUSE.

Unfortunately, even now, very few houses are built on labour-saving lines; in fact, the architect (perhaps because he is a man!) seems to go out of his way to make things as difficult as possible for the poor housewife and cook. Some day, perhaps, the dream of every labour-saving housewife may be realized. Then we shall see a house with kitchen and scullery combined, the walls white-tiled, and the floor of rubber composition, soft to the feet, and easy to keep clean. There will be no decorative and unnecessary mouldings or fittings on which dust would collect; walls, floor and ceiling will be swilled down with a hose, a drain in one corner carrying off the water. Fittings and furniture will be of white enamel and as compact as possible. The table-top and sink will be of porcelain, and adjustable to the height of the worker. To economize space, the dresser and cupboards will be built into the wall, and will have glass doors so that articles may be found at a glance. They will be conveniently placed so as to save the housewife all unnecessary steps while preparing a meal. Coke or gas will provide a constant hot-water supply, electricity or gas will cook, electricity will wash up, clean metal ware, grind coffee, peel potatoes; in fact, do all the drudgery.

Lifts and trolleys will relieve servants of most of the carrying. Every bedroom, besides having hot and cold water laid on, will have its electric radiator or gas-fire, cooker, boiler and toaster; not forgetting the telephone and perhaps an electrically-controlled clock.

Electric suction-sweepers and mechanical scrubbers will make the housemaid's work a sinecure. Besides all this, there will be no basement kitchens and few houses of more than two storeys.

ROUTINE.

Not many houses such as this are yet built, and few of the older ones easily lend themselves to adaptation without great expense; but, even so, much may be done by adopting a few labour-saving ideas.

Few people realize how difficult it is to keep a room clean when it is over-filled with ornaments and furniture—much can be dispensed

with and much work saved. Make the house easy to clean. What a saving of time and labour there would be if, instead of the usual daily conference, the cook were to receive instructions as to meals, in a tabulated form, say two or even three times a week! Two or three days' shopping could be done in advance, and the cook would have ample opportunity for preparation. In the event of an unexpected guest, or some such occurrence, the instructions would naturally need temporary amendment, but this would be no great difficulty.

Should the housewife adopt this new routine, she should in no wise feel herself absolved from visiting the kitchen more than two or three times a week: although no meals have to be ordered, it is very necessary to see that all is running smoothly in that department.

Many housewives, in lieu of doing a large amount of cooking each day, have a "cooking morning" two or three times a week; on these days they do as much as possible of the cooking likely to be needed on the following couple of days. By this means, for a day or two after a "cooking morning" little will be required save heating up, and plenty of time will be found for necessary "odd jobs," which should be carefully listed and so arranged as to fit in with the daily routine.

FITTINGS.

Give careful thought to the fittings and utensils in the house; remember the work brasses, bronzes, and polished metals entail. Glassware is far more easy to clean than silver, and just as ornamental.

When furnishing, even the wood of the furniture should be considered —oak only needs dusting, while so many others require polishing. A polished wood floor, or even a linoleum floor with movable mats, is cleaned far more quickly than a floor covered by a heavy carpet.

Walls are the next consideration; washable distempers are obtainable in most pleasing and artistic shades —here again, too, many pictures and bric-à-bracs make dusting a labour.

LIGHTING AND HEATING.

On first thought the question whether electric or gas lighting should be installed seems to have little bearing on labour-saving, but this, and the use of an electric or gas-stove in lieu of a coal-burning grate have really more bearing on a servant's work than, perhaps, anything else in the house. By using electric light instead of gas the ceilings and walls remain clean longer, and this is true to a far greater degree when an electric or gas-stove replaces a coal fire; sweeping and dusting are reduced to a minimum, and the labour of coal-carrying is saved—a large item. If a house is already lighted by gas it should be remembered that gas may be switched on and off, as is electric light, by a series of switches. This is not only a great saving in labour, but also in expense.

MODERN HOUSECRAFT.

Household Cleaning Devices have been greatly improved both in efficiency and in ease of manipulation.

All aim at reducing labour and at saving time. Long-handled mops, scrubbing brushes, dusters, and suction-sweepers all save the housewife much bending and kneeling, and the numerous specially prepared solvents and polishes all tend to make work as light and as speedy as possible.

Space will only permit us to give a very brief list of some of the labour-saving devices which go so far to make housework so different and so much less irksome than it was even a few years ago.

The Suction-Sweeper, whether worked by hand or by electricity, is

undoubtedly one of the greatest labour-saving devices ever introduced into the household. By its aid dust may be drawn not only from carpets, but from pictures, curtains, hangings and any upholstery; it creates no dust while in operation, a great advantage over the brush. The bags into which the dirt is sucked require emptying periodically, otherwise the machine becomes clogged, and the appliance must be lubricated with machine oil at least every 3 weeks. No sharp articles, such as nails or broken glass, should be removed with a suction-sweeper, as they are liable to damage the bag.

The Mechanical Carpet-Sweeper, now an old friend, should not be forgotten; it is very useful for cleaning up odds and ends such as crumbs, but should not be considered a complete substitute for the broom or suction-sweeper. The sweeper cleans its own brush as the work proceeds and so removes hairs and cotton threads that otherwise would entwine themselves among the bristles.

Long-handled Mops.—Now that there is so much polished wood and linoleum in houses, much floor polishing has to be done, and, to save kneeling, various kinds of long-handled mops have been introduced, so shaped as to work into any corner or groove. They enable the work to be done very effectively, although the worker retains a perfectly upright position.

In the same class we have the *Long-handled Mop with Scrubbing Brush attached,* and a bucket to which is attached a perforated bowl or colander, so that, by merely revolving the mop while pressing it into the colander, it may be wrung dry. Equally useful will be found the *Long-handled Dustpan.*

Dusters. — Specially prepared oiled dusters, that collect the dust and prevent it from flying about, and short-handled dusting mops, make dusting a much quicker and more pleasant duty than it was.

Solvents and Polishes.—The housewife should also remember that she is now assisted by a very large number of chemical and scientific solvents and polishes. Special preparations for cleaning and reviving the various materials forming part of the modern household are easily and cheaply obtainable. To-day we find special cleansers for woodwork, others for wall-paper, windows and baths, not to mention the various furniture creams and metal polishes—all are of very great service to the housewife.

ELECTRICAL APPARATUS.

Electricity is undoubtedly the greatest labour-saver we possess. By its aid, our houses may be lighted and heated; thus by the elimination of coal as a heating element and gas as an illuminant, dusting and cleaning are reduced to a minimum. In addition it is very largely used for cooking purposes and also as motive power for many domestic labour-saving devices, of which we enumerate a few below.

It is often stated that most electrical apparatus is too expensive for the home of the woman of moderate means. As a general rule this is not so, a few certainly are costly, but these can mostly be obtained on the hire-purchase system. The money spent is balanced by the reduction in housework and the saving in wages.

Electric Table Apparatus.—Electricity has done much to promote meal-time comfort, and electric table apparatus seems almost limitless. Kettles, tea-infusers, cafetières, hotplates, toasters, milk-boilers, egg-boilers, grillers and many other articles make the preparation of meals both quick and simple.

Electrically Heated Mats and Footstools.—Through these materials radiates a carefully insulated system of electric wires and plates,

connected with the wall socket by a wire and plug. These articles have all the outward appearance of ordinary mats or stools, and are obtainable in colours and styles to suit the general scheme of the room.

An Electric Bed Warmer or Heating Pad has several advantages over the old hot water bottle. It cannot leak and will maintain the required temperature as long as may be desired. It is usually made of aluminium, and is covered with a soft flannel case.

Electric Radiators.—In many houses the dining-room is only used at meal times; in such circumstances, radiators that may be turned on and off as required are economical. Some will say that electric radiators are cheerless; they may not be such good company as a good log-fire, but many of the new models provide a good imitation, and indeed *look* warm as well as feel warm.

A Polishing Hob for silver, copper, brass, or any other metal, is a machine that will save much "elbow-grease" where much metal work has to be cleaned.

Washing Machines.—The use of machines for washing is general. They can be had in sizes suitable for small as well as large families, and materially save labour, and in a short time their cost. Instructions for use of the machines vary, each maker having some speciality. It may, however, be generally stated that stains should be rubbed out of clothes before they are put into the machines, and that care should be taken in wringing articles that buttons are not dragged off.

Ironing Machines.—Several makes are obtainable, nearly all being driven by electricity and having the iron heated by a gas jet. Most machines are controllable by both hand and foot, and it is possible either to sit or stand while ironing. The clothes to be ironed are fed between a padded roll and the ironing surface.

KITCHEN MAXIMS.

"There's no work like early work."

"A good manager looks ahead."

"Clear as you go: muddle makes more muddle."

"Not to wash plates and dishes soon after using makes work."

"Spare neither borax nor hot water in washing greasy things."

"Dirty saucepans filled with hot water begin to clean themselves."

"Wash a saucepan, but clean a frying-pan with a piece of bread."

"Never put the handles of knives into hot water."

"Thrust an oniony knife into the earth to take away the smell."

"Search for the insects in greens *before* putting them in soak."

"Green vegetables should be boiled fast with the lid off."

"Bread or vegetables left in stock turn it sour."

"Roast meat should start in a hot oven."

"When pastry comes out of the oven, meat may go in."

"Fish, boiled, should be done slowly, with a little vinegar in the water."

"A spoonful of vinegar will set a poached egg."

"A stew boiled is a stew spoiled."

"Take away nearly all fat before making a stew."

"Save all pieces of fat to melt down for frying or pastry."

"Put spare crusts in the oven to grate for breadcrumbs."

"Pare potatoes thinly."

"Salt brings out flavours."

"A handful of salt will clear the fire for grilling."

"One egg well beaten is worth two not beaten."

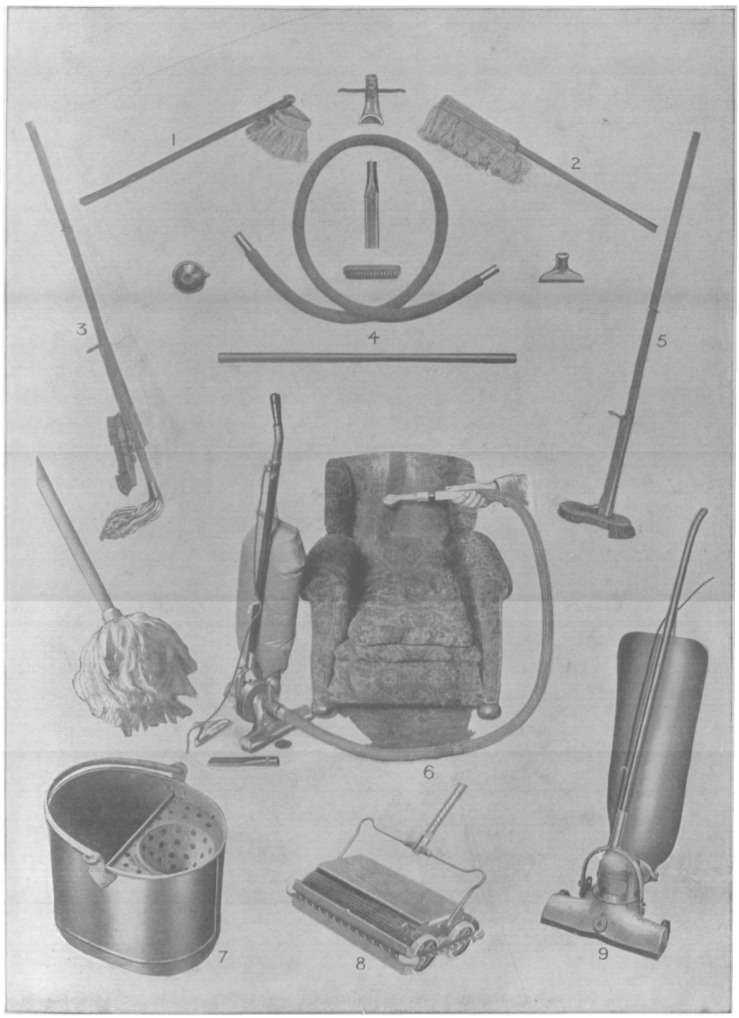
"Put fresh water in the kettle to boil for tea, cocoa, or coffee."

"Make the tea directly the water boils."

"Pour nothing but water down the sink."

"When washing-up is over, wash the tea-cloth; it saves the cloths and cleanses the hands."

LABOUR-SAVING APPARATUS



1 & 2. Dusting Mops. 3 & 5. Combined Long-handled Mop and Scrubber: (3. Mop Extended; 5. Scrubbing Brush in Position). 4. Component Parts of Suction Sweeper. 6. Suction Sweeper cleaning Upholstery. 7. Bucket with Mop Wringer. 8. Mechanical Carpet Sweeper. 9. Suction Sweeper.

MECHANICAL LAUNDERING

1. Ironing Sleeve. 2. Electric Ironing Machine. 3. Vacuum Clothes Washer. 4. Gas-heated Copper. 5. Electric Washing Machine, showing Wringer in operation. 6. Hand Washing Machine. 7. Clothes-Line Protector. 8. Table Mangle, as Table. 10. As Mangle. 9. Electric Washer and Wringer.

LAUNDRY WORK.

HOW TO USE A WASHING MACHINE.

Sort out the clothes into piles, according to fabric, as when washing by hand. Fill the tub with lukewarm water—in most machines there is an indicator in the tub to show how full it should be. Next add sufficient washing soda and soap jelly to form a good frothy lather. As the water is harder in some districts than others, it is impossible to state exactly the quantities of soap and soda required, but a general average may be taken as half a cupful of soda solution, mixed in the proportion of 2 oz. of soda to 1 pint of hot water and 1 pint of soap jelly. A little experience will soon show how much soda and soap is required.

Run the machine for a few minutes, then stop, open the tub and if the solution is nice and frothy the clothes may be put in. If the suds are not strong enough add a little more soda or soap. Do not rub soap on the clothes, it will not help and will only tend to turn them yellow. Now run the machine and wash for about a quarter of an hour; the length of working will naturally depend on how dirty the clothes are. It is best only to wash a few clothes at a time, the dirtier the clothes the smaller the number that should be washed together.

When the clothes are well washed wring them out dry and let them wait until all the washing is completed, when they may be rinsed for about five minutes in the machine, filled with clear, scalding hot water, in the case of white fabrics; and with clear lukewarm water in the case of flannels, prints, silks, etc. All the general principles of washing set forth in the following pages naturally apply to machine-washing.

When washing is completed, empty the washer, fill it with clean water and run it for a few minutes, but do not scour it; this is not only unnecessary, but may cause the next batch of washing to be soiled.

HAND WASHING.

LINEN.

Sorting.—First carefully examine the articles and enter them in the washing-book. White linen and collars, sheets and body-linen should be placed in one heap, fine muslins in another, coloured cotton and linen fabrics in a third, woollens in a fourth, and the coarser kitchen and other greasy cloths in a fifth. Every article should be examined for ink or grease spots, or for fruit or wine-stains, which must be removed before washing. Directions for removing stains will be found in the section on "Household Hints and Recipes."

Soaking.—The sheets and fine linen should be placed in a tub and just covered with lukewarm water, in which a little soda or borax has been dissolved, and left to soak till morning. The greasy cloths and dirtier things should be laid to soak

in another tub, in a liquor composed of ½ a lb. of unslaked lime to every 6 quarts of water which has been boiled for 2 hours, then left to settle, and strained off when clear. Many ready-made solvents of this kind serve equally well and save time and labour in preparation. Each article should be rinsed thoroughly in the solvent and left to soak till the morning, being just covered by the water when the things are pressed together.

Washing.—Early on the following morning the fires should be lighted, and, as soon as hot water can be procured, washing begun. Sheets and body-linen should be taken first, each article being removed in succession from the lye in which it has been soaking, rinsed, rubbed and wrung, and laid aside until the tub is empty, when the foul water is drawn off. The tub should be again filled with lukewarm water, about 80°, in which the articles should again be plunged, and each gone over carefully with soap, and rubbed. Experienced washer-women rub one linen surface against the other, two parts being thus cleaned at once. After the first washing, the linen should be put into a second water, as hot as the hand can bear, and again rubbed over, every part being examined for spots not yet removed, which require to be again soaped over and rubbed till thoroughly clean, then rinsed and wrung. Avoid the use of soda and ammonia in washing coloured fabrics.

Boiling.—In order to produce a good colour, the clothes should now be boiled in the copper which should be about three-quarters full of water in which a cake of soap, sliced, and one heaped tablespoonful of boric powder mixed together into a smooth paste with hot water, have been dissolved. Bring the water slowly to the boil, and boil for about 20 minutes; do not let the clothes boil for too long, or they will become discoloured. The copper must not be overcrowded, as the water must circulate freely among the clothes. Some careful laundresses put the linen into a canvas bag to protect it from the scum and from the sides of the copper. When taken out the articles should again be rinsed, first in clean hot water, and then in an abundance of cold water, slightly tinged with blue, and again wrung dry. They should now be removed from the wash-house and hung up to dry, or spread out to bleach; the earlier in the day this is done, the whiter they will be.

Bleaching.—If the clothes are of a bad colour when removed from the copper they must be allowed to cool with the soap still in them and then laid out to bleach on the grass for several hours. Should they become too dry they must be sprinkled with water.

Rinsing.—Insufficient rinsing will cause clothes to have a patchy appearance. Rinse in several waters, first tepid and lastly cold.

Blueing.—Blueing counteracts some of the yellow colour received in boiling and also improves the colour of old fabrics. The water and tub in which the blue is prepared must be scrupulously clean. After rinsing the clothes should be wrung and immersed several times in the blue-water, which must be constantly stirred, and then wrung dry. The clothes must be placed *loosely* in the blue-water; if screwed up tight they will become patchy in colour.

Starching.—This is the process by which certain articles of linen, as collars, are stiffened by dipping them in a solution made of 3 tablespoonfuls of starch mixed to a paste with a little cold water, and 1 quart of boiling water poured on to the paste. The solution must then be stirred until it thickens and assumes a bluish hue. The thinner the material the thicker must be the starch, which must be kept hot until required for use. Where

extra stiffness is required, a little gum-arabic is mixed in.

When the "things to be starched" are washed, dried and taken off the lines, they should be dipped into the hot starch, squeezed out, just dipped into cold water, and immediately squeezed dry. If fine things be wrung or roughly used they are very liable to tear, so too much care cannot be exercised. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth, shake out the starched things, lay them on the cloth, roll it up tightly, and let it remain for three or four hours, when the things will be ready to iron. If a little turpentine is added to the starch a high gloss will be obtained and the iron will run more smoothly.

Wringing.—A machine does this very efficiently and also does not entail the strain that hand-wringing does on the clothes. In wringing articles possessing buttons, fold these latter inwards and so protect them from the rollers, or they may be broken and torn off. Large bone buttons should be removed before washing.

Drying.—Lines and pegs must be kept spotlessly clean, or the clothes will be soiled. Hang clothes up by their most substantial parts; if hung up by the corners or by tapes, the clothes are likely to be torn. See also that the garments are clear of all trees. Clothes are whiter and much fresher if dried in the open air and as early in the morning as possible. If, however, they have to be dried before a fire, they must be constantly turned.

Folding and Damping.—If the clothes are quite dry when taken from the lines they must be evenly sprinkled with water, folded, and put away for mangling or ironing.

Mangling.—Linen, cotton and other fabrics, after being washed and dried, are made smooth and glossy by mangling and ironing. Mangling is simply the process of passing the articles between rollers, sometimes heated and subjected to heavy pressure, and is confined to sheets, towels, table linen and similar articles which are without folds or plaits. Mangling should be carried out at a steady pace, care being taken that the clothes pass evenly between the rollers, and that no creases occur. Ironing is necessary for body-linen, and for made-up articles of delicate texture or gathered into folds.

Ironing.—To iron properly requires much practice and experience. Strict cleanliness must be observed, as, if this is not the case, even the most expert ironer will be unable to make her things look clean and free from smears, etc. The clothes to be ironed must be just evenly damp, and the iron just the right heat; if too hot the clothes will be scorched, and if not hot enough they will receive no gloss. After wiping down her ironing-table, the ironer should next place a coarse cloth on it, and over that the ironing-blanket, covered with a clean white cloth; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work. It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine; there is then no danger of scorching. Work rapidly, lifting the iron as little as possible, and keep a continuous pressure on the iron.

No silks, cretonnes, cottons or any delicate fabrics should be ironed while very wet; they should be just evenly damp all over, and ironed on the wrong side. Shantung should be ironed when dry.

Electric Irons have the double advantage of being easily and quickly heated, and of being cleaner than irons exposed to the smuts and dirt of a coal-range. They may also be kept hot for an indefinite period, saving repeated journeys to and from the kitchen, if the

ironing is being done in another room.

Airing.—After ironing or mangling the clothes must be carefully aired. If put away damp they will not only become mildewed, but may cause serious colds and chills.

COLOURED MUSLINS, COTTONS AND LINENS.

These require a mild treatment; soda will discharge the colour, and soaking all night, even in pure water, deteriorates the more delicate tints. When ready the articles, if not too dirty, should be put into cold water, to which a little Epsom salts (a pinch to each gallon of water) has been added, and washed speedily, using common yellow soap, which should be rinsed off immediately. One article should be washed at a time, and rinsed out immediately before others are wetted. When thoroughly washed they should be rinsed in succession, in soft water, in which common salt has been dissolved (a handful to 3 or 4 gallons), and wrung gently, with as little twisting as possible, and then hung out to dry. Delicately coloured articles should not be exposed to the sun, but dried inside out, in the shade.

Coloured muslins must not be boiled, nor ironed with the iron too hot, or the colour will be lost.

SILKS.

White Silks require to be washed alone. They should be washed in suds and lukewarm water. If a water-softener is necessary use a little borax. Soap should not be rubbed on the material, and the articles should be squeezed gently and moved about in the water, not rubbed. If this does not remove all stains, they must be washed a second time and rinsed thoroughly in soft lukewarm water in which a handful of common salt has been dissolved. Never vary the temperature of the water when washing silks. If it is necessary to stiffen the silk, add a little gum-arabic to the final rinsing water. Do not wring the articles, but press them between the hands, and dry in the shade. Silk must be ironed damp with a moderately hot iron. When ironing a covering must be put over the silk until nearly dry.

Coloured Silks.—Each colour should be washed separately and as quickly as possible in warm water, in the same manner as for white silks. Rinse thoroughly: browns and reds in water to which a little salt has been added; for mauves, blues, greens, etc., substitute a little vinegar for the salt.

WOOLLENS.

Woollen articles are liable to shrink unless the flannel was well shrunk before being made up. This liability is increased when very hot water is used: cold water would thus be the best to wash woollens in; but as this would not remove the dirt, lukewarm water, about 85°, and yellow soap, are recommended. About a tablespoonful of borax to each gallon of water will help to prevent shrinkage. Soda must on no account be used. Woollens are best washed in a machine, but if the articles are being washed by hand, they should not be rubbed against one another—this will remove the nap; they should be moved up and down in the water and squeezed between the hands. When thoroughly washed the articles require a good deal of rinsing in warm water to remove the soap. For preference woollens should be passed through a wringing machine, as hand-wringing spoils the texture. The articles must be immediately dried in the shade, or they will shrink. The clothes should be reversed on the line while drying, or they will become hard; they should also be pulled into shape from time to time.

White Woollens should first be washed, then dark and coloured fabrics, it being particularly necessary to wash the latter speedily.

MARKETING.

Good marketing is as important as is good cooking, for however efficient and painstaking a cook may be, she can have little success if the ingredients she has to work with are of poor quality.

Value for money should be the aim of every shopper; it is easy, where money is of little importance, to buy the best, but in these days of tightened purse-strings there are few homes in which economy has not to be studied carefully, and the clever housewife, by dint of judicious selection and a knowledge of market prices, obtains the best value for the money at her disposal.

Remember, though, that it is a poor economy to buy goods of inferior quality because they appear to be cheap—the best will prove to be the cheapest in the end.

Experience is of the greatest value, but the inexperienced can learn much by a careful study of current price lists and the market quotations, etc.

MEAT.

Meat that has an excessive amount of fat is not economical to buy. Joints with an undue proportion of bone are very unprofitable. In buying meat always remember the kind best suited for your purpose, whether for boiling, roasting, braising, or stewing, as many advantages and disadvantages are thereby gained or lost.

BEEF.

Beef, to Choose.—Beef should be a deep red in colour and marbled or mottled, with fat finely intermingled with the lean. The fat must be pale yellow, and not discoloured or mottled. The meat should be firm and elastic to the touch and scarcely moisten the fingers. Between the fat and lean there must be no gristle, as this indicates an old animal.

Avoid meat which is a pale pink colour, as this is considered a sign of disease, whilst a deep purple tint indicates that the animal has died and has not been slaughtered. Bad meat is wet, sodden and flabby, and usually has a faint disagreeable smell.

Beef is seasonable all the year round, but is considered to be at its best in winter. (*See also* Table, p. 35.)

VEAL.

Veal, to Choose.—The whiteness of veal is considered a sign of quality, although it is more juicy when of a bright red colour. The fat should be plentiful, firm, and very white, especially that surrounding the kidney, which in all animals is an indication of good quality. If the fat is soft, the flesh flabby and spotted, the meat is not fresh, and the quality is sure to be poor.

fresh condition rapidly changes when once removed from the ice. The eyes should be bright and not sunken in the head; the flesh firm, close-grained and rigid; the gills a bright red, and the smell sweet and pleasant. The scales should be bright and, when rubbed, should be readily removed. When the flesh is flabby and has a bluish tinge it is a sign of staleness and inferiority.

Mackerel and Fresh Herring are unfit for use unless quite fresh.

Cod, Brill and Turbot may be kept for a day or two in cool weather, but should be cooked before the flesh loses its firmness.

Lobsters and Crabs heavy and of medium size are the best.

Shell Fish, if fresh, are never clammy and sticky. (*See also* Table, p. 38.)

VEGETABLES AND FRUIT.

Green Vegetables should be crisp and green, not soft and limp.

Cauliflowers must be full and white. *Lettuce* must be green and crisp and have a good heart. *Pods* enclosing peas should be crisp and plump. *French Beans* and *Scarlet Runners* should be green and tender. *Carrots, Cucumbers, Marrows, Onions and Turnips* should be firm and not wrinkled. Early and forced vegetables have neither the nutritious value nor the flavour of vegetables grown in their proper season.

Fruit should be fresh, ripe and perfectly sound.

So much fruit is now grown in Canada, Australia, South Africa and other parts of the world that most kinds are available all the year round; for when a fruit is out of season in one part of the globe it is usually in season in another. The fruit is often gathered before it is ripe, and is so packed and transported that it arrives perfectly ripe and ready for consumption.

Dried Vegetables and Fruits.—A very large and varied assortment of dried fruits is obtainable. Among these are raisins and currants, prunes, dates and figs, pippins, apple rings, apricots, peaches, etc. Before cooking, place the required quantity of dried fruit in a colander, and allow tepid water to run over them in order to remove dust. Then place in a bowl, cover with water and allow to soak. When soft, place in an enamelled pan, or fireproof glass dish, and stew gently, adding more water if desired.

Vegetables in great variety are treated by the desiccating process, that is, cut in pieces, and exposed to a more or less quick heat, to remove the water. The vegetables are afterwards packed loosely or compressed and sometimes bottled.

DAIRY PRODUCE.

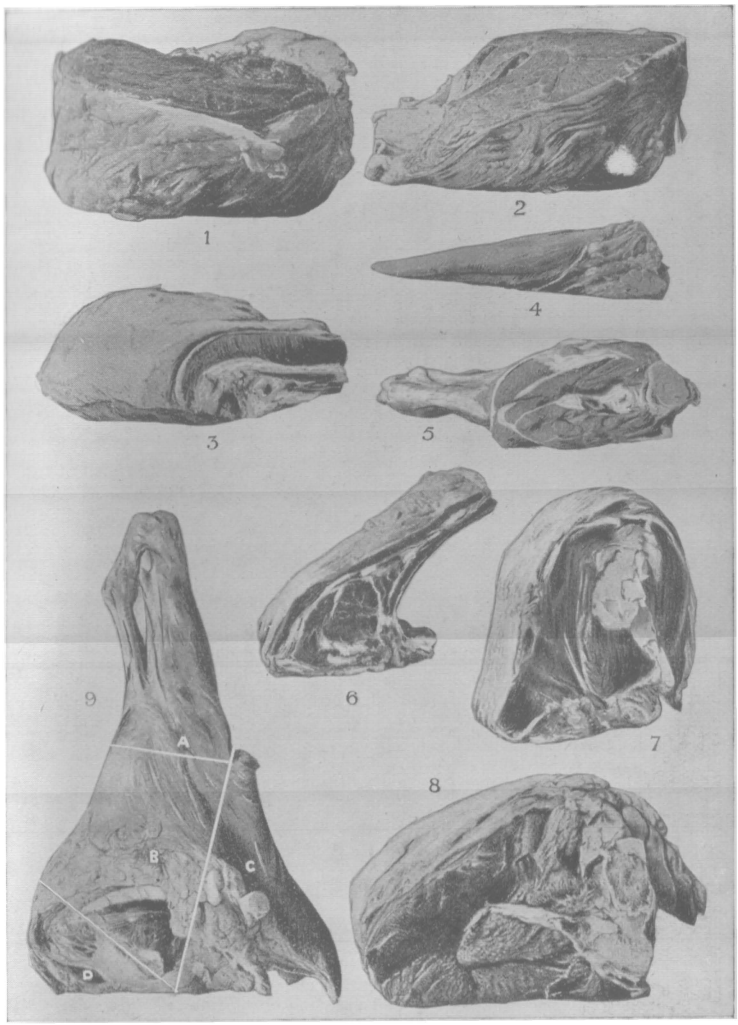
Dairy produce varies in price in accordance with season and locality, but the differences are not so marked as in the case of fish, railway and road transport having brought about a greater uniformity.

Butter, to Choose (Fresh).—See that it has a fresh pleasant smell; if otherwise, it may be accepted as an indication that it has not been sufficiently washed from the buttermilk, and consequently will not keep. Butter should be quite dry; a considerable amount of water is sometimes left in so as not to decrease its weight, and thereby its keeping qualities are impaired.

Butter should not present a mottled appearance. Some butter is very pale, almost white, and another sample may be deep yellow, but whatever the colour of the butter, it should be uniform all through.

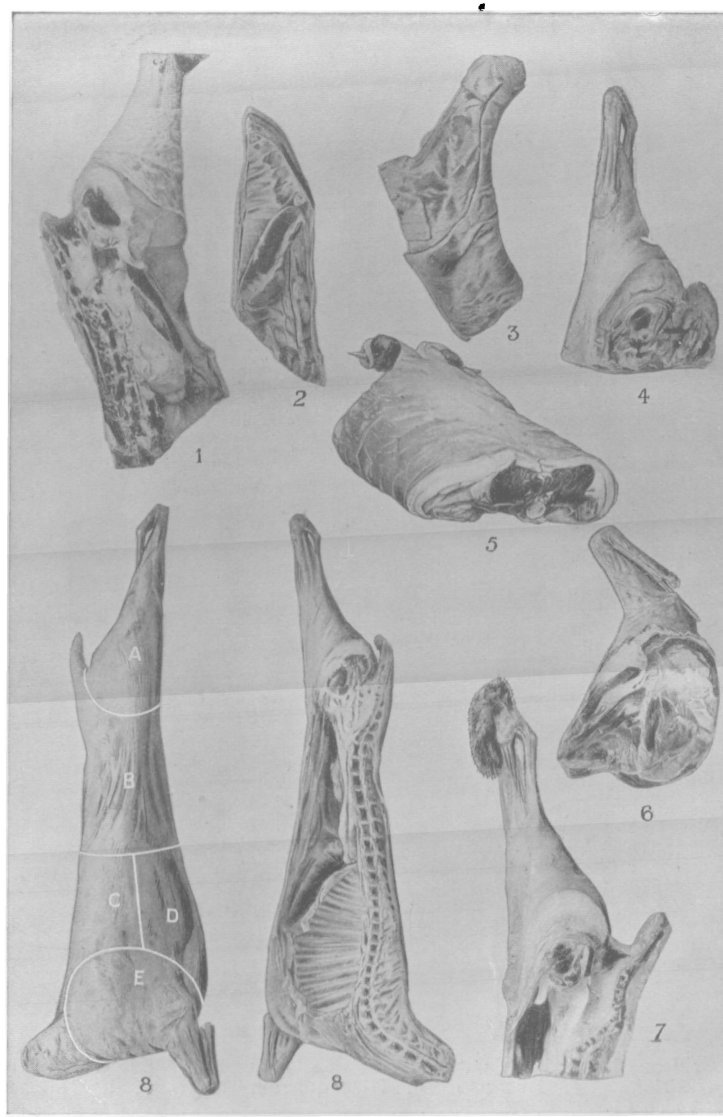
Butter, to Choose (Salt).—Plunge a knife into it, and if, when drawn out, the blade smells rancid or unpleasant, the butter is bad. The layers in tubs will vary greatly, the butter being made at different times.

MARKETING GUIDE: BEEF



1. Round. 2. Aitchbone. 3. Brisket. 4. Tongue. 5. Leg. 6. Ribs. 7. Sirloin. 8. Buttock. 9. Hind-quarter. A. Leg, B. Buttock, C. Thick Flank, D. Aitchbone.

MARKETING GUIDE: MUTTON



1. Hind Quarter. 2. Breast. 3. Neck. 4. Leg. 5. Saddle. 6. Shoulder. 7. Haunch. 8. Side: A. Leg; B. Loin; C. Best end of Neck; D. Breast; E. Shoulder.

Cheese, to Choose.—Taste and smell are the best indications of quality. Personal tastes differ so much that cheese, almost alone of all foods, is sometimes tasted by the customer before purchasing. A good cheese has rounded edges and sides, and when a piece is rubbed between the fingers it should melt and feel smooth. The bulging should not be great, however, as that indicates slight fermentation, and the cheese should be flat at the top.

Eggs, to Choose.—The freshness of eggs may be tested in several ways. One ingenious apparatus is a speculum, furnished with an interior looking-glass, which renders the egg sufficiently transparent to show if it is fresh, infected, or really bad. If fresh, a clear disk is thrown; if stale, a cloudy disk with spots; and if bad, a dark unsightly disk is visible. Another method of ascertaining their freshness is to hold them before a lighted candle or to strong artificial light. If the egg looks clear, it will be perfectly good; but if there is a black spot attached to the shell it is worthless. The former test cannot be put into practice when purchasing eggs in the ordinary way, and the latter test can only be applied at night time when an artificial light is burning. To an experienced buyer the size, weight and appearance of eggs indicate their value, stale eggs being considerably lighter than those newly laid. Eggs that one feels at all doubtful about should always be broken in a separate vessel from others, or *all* will be tainted.

Milk, to Choose.—An easy test for milk, failing the regulation glass tube of the public analyst, is to put a bright steel knitting-needle into the milk; if, on withdrawal, the milk adheres and drops off slowly it is pure; if, on the contrary, it runs off quickly, leaving the needle bright, it has been adulterated with water.

GROCERIES.

Groceries should be purchased in as large quantities as possible, as they may thus be obtained more cheaply. The quantity bought, however, will depend on: first, whether the provisions will keep; and secondly, whether the store-room will accommodate them. It is naturally useless to buy large quantities of provisions of a perishable nature if there is no prospect of their being consumed within a short period; and it is also obviously very inconvenient to be encumbered by stores for which no accommodation can be found. Each kind of grocery is cheapest and best at certain seasons; then is the time to buy in quantities consistent with the keeping power of the food and the storage available.

A writing-pad or slate should be kept in the store-room, and on this note can be made of any provisions that are getting short; the housewife will not then suddenly find that she has no tea in the house, or perhaps that she is short of some important ingredient.

Arrowroot.—Bermuda arrowroot is the best; when rubbed between the fingers it makes a slight cracking noise. Pure arrowroot is often of an opaque whiteness.

Biscuits should be bought in airtight tins and in small quantities, unless the consumption is large. Some kinds keep better than others, but all lose their crispness and flavour quickly if exposed.

Candles can be bought in large quantities, as they improve with keeping if stored in a dry, cool place.

Cereals, such as rice, semolina and tapioca, may be purchased in fairly large quantities, but they must be kept covered and dry.

Cinnamon should be of a bright tan colour, rolled many times, and not much thicker than paper when unrolled.

Coffee should be bought as

freshly roasted as possible, preferably in the whole state, and ground as required. To test for any chicory adulteration, throw a small teaspoonful of the ground article on to the surface of some water in a tumbler; if pure, it will float and barely cover the water for some little time, while if chicory is present it rapidly sinks and stains the water.

Dried Fruits are usually most plentiful and at their best in autumn which is the best time to buy in accordance with household requirements. They are so carefully packed that they require little attention until the housewife gives them a final washing before cooking. Currants should be free from stickiness and the fine kinds soft and velvety. Small currants are considered best.

Flour must not be artificially bleached; it should be white and not gritty, and when mixed with water should be easily pulled into strings.

Macaroni, when good, breaks crisply.

Nutmegs should be firm, hard, nearly round, and when cut across full of dark veins. In selecting nutmegs, prick them with a pin; if good the oil will instantly spread around the puncture.

Pepper, when bought in a ground state, is judged by its smell and "pepperiness," but when purchased in peppercorns it can be judged by its appearance.

Rice.—Rough rice is more nutritious than polished rice, but there is no objection to the cleaned rice, freed from rice-bran and impurities, such as we buy in the shops. Rice is, however, often coated with French chalk, mixed with gum; this gives the rice a pleasing polish, but greatly detracts from the quality. Unpolished rice can usually be obtained from the best shops.

Salt may be purchased in moderate quantities, but must be kept in a dry place or it will become caked. In small households the ground kind is more serviceable than blocks of salt.

Soap should be bought in quantity if possible; this means a saving of price, and the longer it is kept the more economical it will be in use. Keep in a dry place.

Soda.—A moderate amount should be purchased at one time. Soda must, however, be kept dry or it will soon deteriorate.

Sugar should be bought in large quantities according to requirements Cane sugar is better than beet sugar for preserving, but beet is equally good for sweetening purposes.

Tea may be purchased according to requirements, in fairly large quantities if possible. Much depends on the water of the locality, certain blends of tea which are excellent in one place being unsuitable in others. In moving to a new neighbourhood, try several varieties before giving a standing order to your grocer or stores. (*See also* BEVERAGE SECTION.)

All stores such as spices, or freshly-roasted coffee, that possess a very pungent smell or a strong taste, should be bought only in small quantities, as they nearly all deteriorate rapidly.

PRESERVED AND TINNED PROVISIONS.

Preserved meats, soups, fish and fish-pastes, poultry, fruit and vegetables serve as handy substitutes when fresh provisions are difficult to procure.

The food remains wholesome only so long as the tins remain perfectly airtight; if air gets in, decomposition soon follows. It is therefore necessary to see that the tins are perfect and airtight. Bulged and rusty tins should be rejected, and so ought those which emit a rush of air on being opened. As soon as a tin is opened the *whole contents should be turned out.*

MEAT.

The following tables show how the various joints are usually cooked, and the average weight of the joint before cooking.

BEEF.

Part.	How usually Cooked.	Average Weight of Joint before Cooking.
		lb.
Altchbone	Roasted or salted and boiled	10
Brisket	Boiled, stewed, or salted	8
Buttock	Boiled or stewed	2–3
Flank (thick)	Roasted or grilled as steaks	40
,, (thin)	Stewed, salted or pickled	35
Silverside	Salted or boiled	10
Neck	Stewed or soup meat	8–10
Ribs	Roast, often any method	10
Rump (steak)	Grilled, sometimes roasted	2
Shin	For soups, gravies and stews	8
Round	Boiled or stewed	9
Sirloin	Roasted—the best joint	13

VEAL.

Part.	How usually Cooked.	Average Weight of Joint before Cooking.
		lb.
Breast	Roasted, braised or stewed	8
Cutlet	Roasted	2
Fillet	Roasted or braised. An economical joint, provides good cutlets	12
Knuckle	Boiled, stewed, or for stock	5
Loin	Roasted, also for chops. Too much bone to be economical	12
Shoulder and Bladebone	Stewed. Knuckle, middle and bladebone may be roasted	10

MUTTON.

Part.	How usually Cooked.	Average Weight of Joint before Cooking.
		lb.
Breast	Stewed, boiled or steamed. Not very fat, is economical	4
Haunch	Roasted	12
Leg	Roasted or boiled, or for steaks	10
Loin	Roasted	7
Neck (best end)	Roasted, boiled or for cutlets	4
Neck (scrag end)	Boiled, or for broths or stews	1½
Saddle	Roasted	14
Shoulder	Roasted	8

LAMB.

Part.	How usually Cooked.	Average Weight of Joint before Cooking.
		lb.
Breast	Stewed, or boiled, economical if not fat	2
Fore-quarter	Roasted, economical if cut up as required	7
Hind-quarter	Roasted	8
Leg	Roasted, cheapest joint for a family	4
Loin	Roasted, not very economical	4
Neck (best end)	Fried in cutlets or roasted as joint	3
Neck (scrag end)	Stewed, braised or for broth	1
Shoulder	Roasted	4

PORK.

Part.	How usually Cooked.	Average Weight of Joint before Cooking.
		lb.
Belly or Spring	Salted or boiled	6–8
Hand	Slightly salted and boiled	4
Fore-loin	Roasted	8
Hind-loin	Roasted (rather fat). Cut into chops.	8
Leg	Roasted (less fat than fore-quarter)	8
Spare Ribs	Roasted, an economical joint	4
Head and Cheek	Slightly salted, and made into brawn, or collared and boiled	6

HAM AND BACON.

The following is a list of the parts into which a side of bacon is usually cut :—

	Weight about lb.		Weight about lb.
Fore end	17	Thin streaky	4½
Middle	35	Flank	3½
Gammon	14	Three-quarter gammon	10
Cut through side nearest the shoulder	12	Corner of gammon	4
Second cut	12	Long back	9
Third cut	12	Back and ribs	9
Forehock	10	Collar	7
Thick streaky	9	Whole side	65

POULTRY AND GAME.

The following tables show when the various species are in season, when at their best and cheapest, how they are usually cooked and their average weight before cooking. The cost of poultry varies considerably, being affected both by the season of the year and the district in which it is purchased. It is well to remember that poultry almost invariably rises in price immediately before Christmas, and also tends to be expensive when no game is on the market.

POULTRY.

Poultry.	In Season.	Best and Cheapest.	How usually Cooked.	Average Weight before Cooking.
				lb. oz.
Chickens	At any time	July to Oct.	Boiled	2 4
Ducklings	March to Sept.	May to July	Roasted	2 0
Ducks	Aug. to March	Sept. and Oct.	,,	3 0
Fowls	All the year	June to Oct.	,,	4 0
Geese	Sept. to Feb.	Oct. and Nov.	,,	10 6
Green Geese	Aug. to Nov.	Sept.	,,	2 0
Guinea Fowl	Feb. to Aug.	Summer	,,	2 8
Pigeons	All the year	March to Sept.	,,	0 5
Turkeys	Sept. to March	Nov. to Jan.	,,	10 0

GAME.

Game.	In Season.	Best and Cheapest.	How usually Cooked.	Average Weight before Cooking.
				lb. oz.
Blackcock	Aug. to Nov.	Sept. to Oct.	Roasted	3 0
Capercailzie	Aug. to Dec.	Sept. to Nov.	,,	2 0
Ducks (wild)	Aug. to March	Nov. to Dec.	,,	2 0
Grouse	Aug. to Dec.	September	,,	0 14
Hares	Sept. to March	October	,,	4 0
Landrail	Aug. to Sept.	September	,,	0 12
Laveret	Aug. to Feb.	October	,,	3 0
Ortolan	March to May	April	,,	0 6
Partridges	Sept. to Feb.	Oct. and Nov.	,,	0 14
Pheasants	Oct. to Feb.	Winter	,,	2 6
Plovers	Oct. to Feb.	Winter	,,	0 7
Ptarmigan	Sept. to April	September	,,	0 12
Quail	Sept. to Feb.	Sept. and Oct.	,,	0 4
Rabbit	Sept. to March	Oct. to Feb.	Boiled	3 0
Snipe	Oct. to Feb.	Oct. and Nov.	Roasted	0 3
Teal	Oct. to Feb.	Winter	,,	1 0
Venison	May to Jan.	Sept. and Oct.	,,	– –
Widgeon	Oct. to Feb.	Oct. and Nov.	,,	0 2
Woodcock	Aug. to March	Oct. and Nov.	,,	0 8

FISH.

The following table shows when the various fish are in season, when at their best and cheapest, and how they are usually cooked.

FISH.

Name of Fish.	In Season.	Best and Cheapest.	How usually Cooked.
Bloaters	Sept. to April	Sept. to Feb.	Smoked or grilled
Bream	All the year	Autumn	Boiled or steamed
Brill	All the year	Aug. to May	Boiled or steamed
Carp	Nov. to March	Jan. to Feb.	Baked or fried
Char	Sept. to Feb.	Autumn	Grilled
Chub	June to Dec.	Summer	Fried or grilled
Cockles	All the year	Summer	Boiled or pickled
Cod	Nov. to March	Feb. to March	Fried, boiled or steamed
Conger eel	Sept. to Nov.	October	Stewed, baked or boiled
Crabs	April to Oct.	Summer	Usually sold cooked
Crayfish (sea)	All the year	Spring	Usually sold cooked
Dab	Sept. to April	Sept. and Oct.	Boiled, steamed or fried
Dory	All the year	Winter	Boiled, steamed or baked
Eels	June to March	Sept. to Nov.	Fried or stewed
Flounders	All the year	Aug. to Nov.	Fried or grilled
Grayling	July to Jan.	July and Aug.	Fried or grilled
Gudgeon	June to Nov.	Aug. to Nov.	Fried
Gurnet	Oct. to March	October	Boiled, baked or steamed
Haddock	Aug. to Feb.	Winter	Boiled, baked or steamed
Hake	April to Aug.	May to July	Fried or baked
Halibut	All the year	Nov. to June	Boiled, baked or steamed
Herrings	May to Nov.	June to Sept.	Baked or grilled
Ling	Sept. to April	April and May	Baked or fried
Lobsters	All the year	Summer	Usually sold cooked
Mackerel	April to July	May and June	Boiled, grilled or steamed
Mullet	All the year	Summer	Boiled, grilled or steamed
Mussels	All the year	Winter	Boiled or fried
Oysters	Sept. to April	Winter	Raw or cooked
Perch	May to Feb.	July to Jan.	Fried, boiled or steamed
Pike	Sept. to March	Oct. to Feb.	Boiled, baked or steamed
Plaice	All the year	May to Nov.	Boiled, fried or steamed
Prawns	All the year	May to Dec.	Usually sold cooked
Salmon	Feb. to Sept.	July and Aug.	Fried (middle and tail); boiled (head)
Scallops	Jan. to June	March to June	Fried
Shad	Feb. to Sept.	April to June	Baked or grilled
Shrimps	All the year	April to Nov.	Usually sold cooked
Skate	Aug. to April	Aug. to March	Boiled, steamed or fried
Smelts	Oct. to May	Winter	Fried
Soles	All the year	April to July	Boiled, steamed or fried
Sprats	Nov. to March	Nov. and Dec.	Grilled
Sturgeon	April to Sept.	Summer	Baked or roasted
Tench	Nov. to March	Autumn	Baked, boiled or steamed
Trout	Feb. to Sept.	April to July	Boiled, steamed or fried
Turbot	All the year	Spring and Summer	Boiled, steamed or fried
Whitebait	Jan. to Sept.	Feb. to May	Fried
Whiting	All the year	Oct. to March	Fried or grilled

Note.—In no branch of marketing is personal attention better repaid, both in quality and economy, than in the buying of fish. The housewife who markets herself will select the fish that on the day of her visit is plentiful, consequently the cheapest and often the best.

CALENDAR OF FOOD IN SEASON.

The following lists will be found useful in arranging menus, as they show at a glance what Fish, Meat, Vegetables, etc., are in season, but it will be necessary to turn to the tables already given in this Section to know when all such fresh provisions are cheapest and best. It will be understood that items included under "Seasonable all the Year" are not also included in the monthly lists. Tinned and preserved provisions are always to be obtained.

SEASONABLE ALL THE YEAR.

Fish.—Anchovies, bream, brill, cockles, crayfish, dory, flounders, haddock (dried), halibut, lamprey, lobsters, mullet, mussels, plaice, prawns, shrimps, soles, turbot, whiting.

Meat.—Beef, mutton, veal.

Poultry. — Capons, chickens, fowls, pigeons.

Vegetables.—Beans (French), beetroot, cabbages, carrots, cucumbers, haricot beans, leeks, lettuce, mushrooms, okras, onions, potatoes, tomatoes, turnips.

Fruit.—Apples, bananas, grapes (foreign), lemons, oranges, pineapples and all dried fruits.

JANUARY.

Fish.—Barbel, bloaters, carp, char, cod, dab, eels, grayling, gurnet, haddock, ling, oysters, perch, pike, scallops, skate, smelts, sprats, tench, whitebait.

Meat.—Pork.

Poultry.—Ducks, geese, turkeys.

Game.—Hares, leveret, partridge, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

Vegetables.—Artichokes (Jerusalem), broccoli, brussels sprouts, cabbages (red), celery, cresses, endive, horseradish, parsnips, salsify, savoys, Spanish onions, spinach, truffles.

Fruit. — Cranberries, medlars, pears, rhubarb.

FEBRUARY.

Fish.—Barbel, bloaters, carp, char, cod, dab, eels, gurnet, haddock, ling, oysters, perch, pike, salmon, scallops, shad, skate, smelts, sprats, tench, trout, whitebait.

Meat.—Pork.

Poultry.—Ducks, geese, guinea-fowl, turkeys.

Game. — Hares, leveret, partridge, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, widgeon, wild duck, woodcock.

Vegetables.—Artichokes (Jerusalem), broccoli, brussels sprouts, celeriac, celery, cresses, endive, horseradish, parsnips, salsify, savoys, seakale, Spanish onions, spinach, truffles.

Fruit.—Pears, rhubarb.

MARCH.

Fish.—Bloaters, carp, cod, dab, eels, gurnet, ling, oysters, pike, salmon, scallops, shad, skate, smelts, sprats, tench, trout, whitebait.

Meat.—Lamb, pork.

Poultry. — Ducklings, ducks, guinea-fowl, turkeys.

Game.—Hares, ortolans, ptarmigan, rabbits, wild duck, woodcock.

Vegetables.—Artichokes (Jerusalem), broccoli, brussels sprouts, celeriac, endive, horseradish, parsnips, radishes, salsify, savoys, seakale, Spanish onions, spinach, spring onions, truffles, watercress.

Fruit.—Pears, rhubarb.

APRIL.

Fish.—Bloaters, crabs, dab, hake, ling, mackerel, oysters, salmon, scallops, shad, skate, smelts, sturgeon, trout, whitebait.

Meat.—Lamb, pork.

Poultry. — Ducklings, guinea-fowl.

Game.—Ortolans, ptarmigan.

Vegetables.—Artichokes (Jerusalem), asparagus, horseradish, parsnips, radishes, seakale, Spanish onions, spinach, spring onions, watercress.

Fruit.—Rhubarb.

MAY.

Fish.—Crabs, hake, herrings, mackerel, perch, salmon, scallops, shad, smelts, sturgeon, trout, whitebait.

Meat.—Lamb.

Poultry. — Duckling, guinea-fowl.

Game.—Ortolans.

Vegetables.—Artichokes (Jerusalem), asparagus, cresses, green corn, green peas, horseradish, new potatoes, parsnips, radishes, seakale, Spanish onions, spinach, watercress.

Fruit. — Gooseberries (green), rhubarb.

JUNE.

Fish.—Chub, crabs, eels, gudgeon, hake, herrings, mackerel, perch, salmon, scallops, shad, sturgeon, trout, whitebait.

Meat.—Lamb.

Poultry. — Ducklings, guinea-fowl.

Game.—Venison (buck).

Vegetables.—Artichokes (Jerusalem), asparagus, cauliflower, egg plant, green corn, green peas, horseradish, new potatoes, radishes, seakale, spinach, spring onions, watercress.

Fruit.—Apricots, cherries, gooseberries (green), melons, raspberries, strawberries.

JULY.

Fish.—Chub, crabs, eels, grayling, gudgeon, hake, herrings, mackerel, perch, salmon, shad, sturgeon, trout, whitebait.

Meat.—Lamb.

Poultry. — Ducklings, guinea-fowl.

Game.—Venison (buck).

Vegetables.—Artichokes (Globe), asparagus, broad beans, cauliflower, cresses, egg plant, green corn, green peas, new potatoes, runner beans, shallots, spinach, vegetable marrows.

Fruit.—Apricots, cherries, currants, figs, gooseberries, melons, raspberries, strawberries.

AUGUST.

Fish.—Chub, crabs, eels, grayling, gudgeon, haddock, hake, herrings, perch, salmon, shad, skate, sturgeon, trout, whitebait.

Meat.—Lamb.

Poultry. — Ducklings, ducks, geese (green), guinea-fowl.

Game.—Blackcock, capercailzie, grouse, landrail, leveret, venison (buck), wild duck, woodcock.

Vegetables.—Artichokes (Globe), broad beans, cauliflower, cresses, egg plant, green peas, new potatoes, runner beans, shallots, vegetable marrows, watercress.

Fruit.—Apricots, cherries, currants (white and black), figs, gooseberries, grape fruit, greengages, melons, mulberries, plums, raspberries, strawberries.

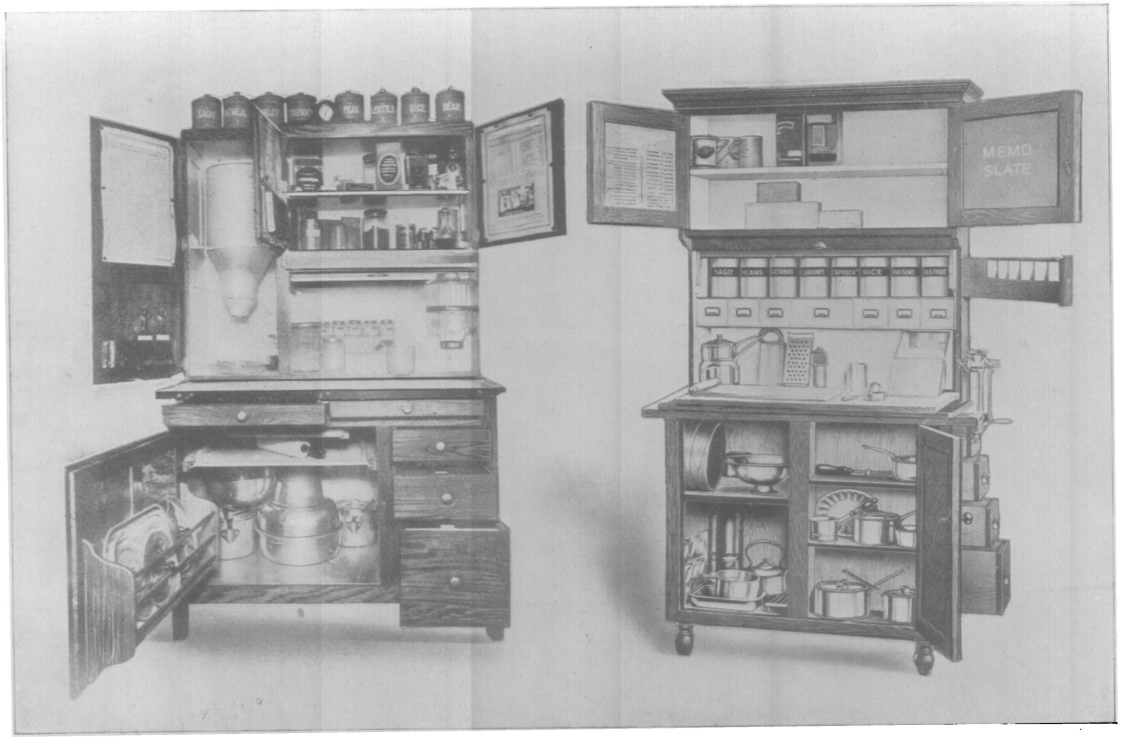
SEPTEMBER.

Fish.—Barbel, bloaters, char, chub, conger eel, crabs, dab, eels, grayling, gudgeon, haddock, herrings, ling, oysters, perch, pike, salmon, shad, skate, sturgeon, trout, whitebait.

Meat.—Lamb, pork.

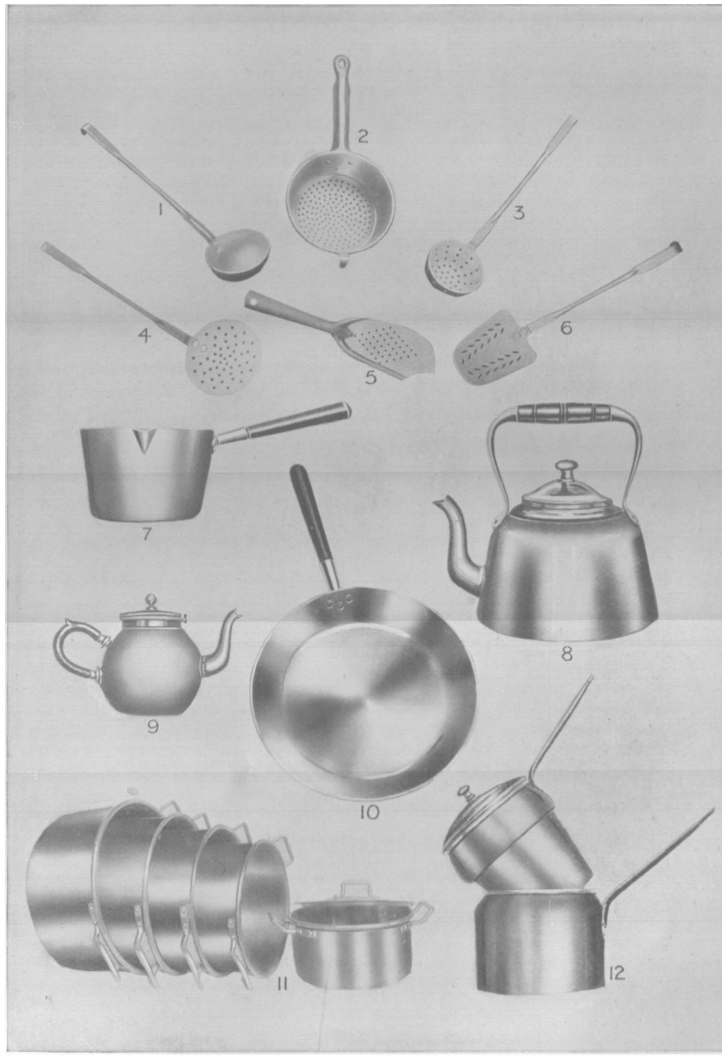
Poultry.—Ducks, geese, green geese, turkeys.

KITCHEN CABINETS



Kitchen Cabinets which ensure that both ingredients and utensils are always to hand. They save all unnecessary steps about the kitchen, and enable the housewife to work under the most comfortable conditions.

ALUMINIUM WARE



1. Ladle. 2. Strainer. 3. Ladle-Strainer. 4. Egg-Slice. 5 & 6. Fish Slices. 7. Saucepan. 8. Kettle. 9. Tea-pot. 10. Frying-Pan. 11. Nest of Stewpans. 12. Milk-Boiler or Porridge Pot.

Game.—Blackcock, capercailzie, grouse, hares, landrail, leveret, partridge, ptarmigan, quail, rabbits, venison (buck), wild duck, woodcock.

Vegetables.—Artichokes (Globe), brussels sprouts, cabbage (red), cauliflower, cresses, egg plant, green peas, new potatoes, runner beans, shallots, vegetable marrows, watercress.

Fruit.—Apricots, blackberries, bullaces, currants, damsons, figs, gooseberries, grapes (hot-house), grape fruit, greengages, melons, nectarines, peaches, pears, plums, pumpkins, quinces, raspberries, strawberries.

OCTOBER.

Fish.—Barbel, bloaters, char, chub, conger eel, crabs, dab, eels, grayling, gudgeon, gurnet, haddock, herrings, ling, oysters, perch, pike, skate, smelts.

Meat.—Pork.

Poultry.—Ducks, geese, green geese, turkeys.

Game.—Blackcock, capercailzie, grouse, hares, leveret, partridge, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

Vegetables.—Artichokes (Globe), broccoli, brussels sprouts, cabbage (red), cauliflowers, celeriac, egg plant, horseradish, parsnips, runner beans, shallots, Spanish onions, watercress.

Fruit.—Apricots, blackberries, bullaces, damsons, grapes (hot-house), medlars, melons, nectarines, peaches, pears, plums, pumpkins, quinces.

NOVEMBER.

Fish.—Barbel, bloaters, carp, char, chub, cod, conger eel, dab, eels, grayling, gudgeon, gurnet, haddock, herrings, ling, oysters, perch, pike, skate, smelts, sprats, tench.

Meat.—Pork.

Poultry.—Ducks, geese, turkeys.

Game.—Blackcock, capercailzie, grouse, hares, leveret, partridge, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

Vegetables.—Artichokes (Jerusalem), broccoli, brussels sprouts, cabbage (red), cauliflower, celery, cresses, egg plant, endive, horseradish, parsnips, savoys, shallots, Spanish onions, spinach, truffles, watercress.

Fruit.—Apricots, cranberries, medlars, melons, pears.

DECEMBER.

Fish.—Barbel, bloaters, carp, char, chub, cod, dab, eels, grayling, gurnet, haddock, ling, oysters, perch, pike, skate, smelts, sprats, tench.

Meat.—Pork.

Poultry.—Ducks, geese, turkeys.

Game.—Capercailzie, grouse, hares, leveret, partridge, pheasants, plovers, ptarmigan, quail, rabbits, snipe, teal, venison (doe), widgeon, wild duck, woodcock.

Vegetables.—Artichokes (Jerusalem), broccoli, brussels sprouts, cabbage (red), celeriac, celery, endive, horseradish, parsnips, salsify, savoys, shallots, Spanish onions, spinach, truffles.

Fruit.—Apricots, cranberries, medlars, pears.

NOTE.—These tables do not include food in season all the year, for which see p. 39.

TESTS FOR FOODS.

It is common knowledge that many modern food products are adulterated, and it is therefore desirable that all housekeepers should be in a position to test the goods supplied to them. The following are some simple but effective tests.

Butter, when heated, bubbles up and burns; margarine boils cheerfully, and has a distinct odour.

Coffee. — When purchasing ground coffee, gather a little in the palm of the hand and press firmly. If it sticks together in a ball, or cakes in lumps, it contains some adulterating substance. Pure coffee falls apart when the hand is opened.

Flour.—Warm the flour for about an hour and a half, then pass it through a fine sieve on to a perfectly clean and dry plate; if there are no lumps and the flour has a pleasant smell, the flour is good.

Mushrooms. — When cooking mushrooms, for safety's sake place a clean sixpence in the vessel in which they are being cooked. If the silver shows the least discoloration the mushrooms are unfit for use.

Mussels.—When boiling mussels put a small onion with them. If there is any poison in the mussels the onion will go quite black. If good, the onion will retain its natural colour, and will not taint the mussels in any way.

Olive Oil.—Olive oil is so valuable an item in the kitchen that it is well to know which is the best kind. A deep brownish-yellow or dark green oil should be avoided. The very best quality is a light green, while oil that is almost colourless, or that shading to a golden yellow, may be used safely.

Pickles.—Chop up a little of the suspected pickle, mix together equal quantities of liquid ammonia and water, and pour over it at once. Fasten down securely, and in a short time the liquid will become blue if there is any copper whatever present.

Sugar.—Burn a little in an iron ladle. Pure sugar would burn quite away. Impure sugar will leave ash behind in proportion to the degree of adulteration.

Tea.—Drop a pinch in the fire; the bluer the blaze the better the tea.

Tinned Fruit.—When using tinned fruit, always plunge into the contents of the tin a bright steel knife. Let it remain a few moments, and if there be the smallest degree of copper present it will be found on the blade.

Tinned Meat.—A sure and simple method of testing all tinned foods is to press the bottom of the tin with the thumb. If it makes a noise like a machine oil-can when it is pressed, the tin is not air-tight, and the contents, therefore, are unfit for use.

Tests for the various kinds of **Meat, Poultry, Game, Fish, Dairy Produce, Groceries, etc.,** will be found under their respective headings earlier in this chapter.

THE KITCHEN.

COOKING BY ELECTRICITY.

Electric Cookery has now brought to the kitchen the same perfection of easy control and cleanliness as the electric light affords. The fact that all the electricity purchased is converted into pure heat, without ashes, dust, waste heat, fumes, or bother of any description, makes electricity an excellent cooking agent. Lack of help has made housewives rely more than ever upon electricity for heating and cooking, and the drudgery of housework is thereby greatly reduced.

In an electric oven the heat can be had *exactly* where it is wanted—you simply switch on "top" heat or "bottom" heat at the desired "full," "medium," or "low" strength. Once an operation has been carried out it can be repeated with certainty of result.

The question of cost is sometimes urged against electric cookery, even as it was against electric light. It should be remembered, however, that the price of electricity for heating and cooking is often only a third or a quarter of that charged for electric light.

If an electric oven is carefully handled, and the current is not switched on before it is needed, and is turned off as soon as cooking is complete, it may be run on quite economical lines.

The value of food saved by electric cooking is high; the saving on the butcher's bills has been known to outweigh the total cost of the bill for electric current.

The perfect and definite heat control which the use of electricity places in the cook's hands makes for a minimum of waste in such operations as roasting.

The following rule for roasting may with advantage be followed when using an electric oven:—

"Put the meat into a hot oven and after 20 minutes reduce the heat by at least a half and cook slowly for a further 20 minutes for each pound of meat (including bone); give full heat for the last 20 minutes before taking the joint out." (*See also* Notes on Roasting, p. 56.)

By giving the joint a longer period at a lower temperature, more and better cooked meat is obtained than with the older forms of cooker, in which heat cannot be so effectively and quickly controlled.

To clean an Electric Stove.—To keep electric stoves clean is unusually easy. Switch off, and wipe the oven out with a damp cloth immediately the cooking is finished. The top of the boiling plate may be cleaned in the same way.

There are no exposed electrical parts inside the latest ovens, and there is very little to wipe out, as

there are no deposited products of combustion in the production of heat by electricity.

The electrical heating elements need no attention, and should not be interfered with.

COOKING BY GAS.

Gas-Cookers are made in great variety. In selecting one, care should be taken to see that the oven is not larger than is absolutely necessary. Advantage should be taken of the hot air rising from the stove to warm plates, which can be placed upon a rack fixed above the cooker. A pipe to convey the fumes from the room should be connected either into the outer air or into the kitchen chimney. On installing a gas-cooker care should be taken to see that the supply of air is adjusted in the gas-pipes, so as to convey the correct amount of air to ensure perfect combustion. A sliding brass sleeve-piece is invariably fitted on every gas-pipe for that purpose. Loose enamelled plates on the inside of the oven are an advantage, because they are easily kept clean.

There are many features to recommend cooking by gas, chief among them being—(1) Cleanliness, and the readiness with which the gas can be lighted and extinguished, facilities which are conducive to economy, because the heat need only be maintained when it is required for cooking. (2) It is economical in another respect, because meat cooked by gas has been found to lose less weight than when cooked in an oven heated by coal. This is attributable to the fact that the meat is more slowly cooked. (3) The heat can be readily and instantly regulated, being concentrated precisely where required by means of different burners, each of which is independent of the others. (4) Gas-stoves are especially useful in summer, and in small households where, during part of the day, no fire is needed.

Construction of Gas-Stoves.—The oven of a well-constructed gas-stove is made either entirely of cellular cast-iron and jacketed all over with slag wool, or it is made with a double casing with an intermediate hot-air jacket. This is necessary to prevent heat being conducted from the oven to the surrounding air.

The gas-burners are not always inside the oven; when they are, the oven should have no bottom, or if it has, there must be some provision for admitting atmospheric air to mingle with the gas. The mixture of air and gas produces a bluish light; when the light is yellow (while using the atmospheric burners) the stove is wrongly constructed in this respect, or it has not been properly lit.

The inside of the oven and the top of the stove should be lined with porcelain enamel, in order that it may be easily kept clean. The oven should be provided with efficient means of ventilation, so that the mixed flavour which sometimes pervades different materials cooked in the same oven may be obviated.

The best stoves are provided with a patent reversible grill which, when deflected downwards, may be used for grilling or toasting.

The rings on the top of the stove should be provided with ATMOSPHERIC burners, which produce a blue flame, a mixture of gas and air of higher heating power (with consumption of less gas) than the white flame produced by the LUMINOUS burners.

Management of a Gas-Stove.—Allow the oven to get thoroughly hot before commencing to bake and then put in as much at a time as possible.

After the first 15 or 20 minutes turn down the oven burner. An exception must, of course, be made when cooking puff-pastry, when full heat must be kept up until finished.

The hottest part of the oven is the top or underneath the solid shelf. Pastry may be cooked at the top of the oven or under the solid shelf, but almost all other food should be cooked on one of the grids.

When cooking several pots at one time a piece of sheet-iron should be placed over the top of the stove. By this means one burner will supply sufficient heat to boil two or three pots and to keep others simmering. Specially-constructed stands, carrying out this idea, can be obtained from most ironmongers. The saving in gas is considerable.

When putting a match or taper to any gas-burner be careful that there is no "lighting back," accompanied by a roaring noise. The tap should be turned on *just before* the flame is applied.

Many gas-stoves have an apparatus which regulates the heat of the oven. This is a most useful fitting, for an indicator can be set to the temperature required, and the oven will be brought to, and will steadily remain at, the heat desired.

Another advantage these cookers have over the older ranges is the height; they are so designed that bending and lifting are reduced to a minimum.

To Clean a Gas-Stove.—The inside of the stove, the inside of the door, and the enamelled top should be wiped over with a damp cloth after use, while the stove is warm. At least once a week these parts should be thoroughly cleaned with hot water, soap, and a little bath-brick or other gritty substance. Great care should be taken to keep the burners clean; if clogged they may be cleaned with wire or a fine skewer. Once a month all the bars and movable parts should be washed, even boiled, in strong soda and water, and thoroughly dried before being replaced. Thorough cleanliness lessens the consumption of gas by giving a stronger, clearer flame. It also prevents any unpleasant smell.

COOKING BY OIL.

Lightly-made cooking-stoves for burning oil are increasing in popularity where alternative fuel supplies are difficult to obtain. Great care must be taken to see that the stove is kept very clean, otherwise the food is apt to be tainted, and the room will be filled with smoky fumes. It is impossible to attach too much importance to this matter of cleanliness. There is a large reservoir for oil, so that the burners can keep alight for a lengthy period without the necessity for constant supervision. Wicks must be carefully trimmed and never allowed to char. Oil-stoves must not stand in a draught. In the best stoves the air combines with the flame, and thus gives a blue colour and a very intense heat, which may be regulated as required. Oil burners are now obtainable for insertion in the fire-chambers of ordinary cooking-ranges.

COAL RANGES.

Closed Ranges are made in sizes varying from 20 inches in width to the range one would find in the largest hotels. Closed ranges again are subdivided into those necessitating the construction of flues in brickwork, and those which are self-contained, requiring no brick-setting. It is well known that brick flues are unsatisfactory, because the continual cleaning wears away the brickwork and cement work, and because, in the construction of such flues, one has often to rely upon an ordinary bricklayer, whose views may not be strictly scientific. It is because of these failings that the range with iron flues has gained greatly in popularity. A self-contained range made by a first-class firm has flues the sizes of which are the outcome of long experience, resulting in a

coal economy and efficiency which are rarely possible with ranges having flues which may be either needlessly large or contracted in the wrong place. In the self-contained range flue-dividing plates are used to concentrate the heat on the necessary parts of the oven, and the flues themselves naturally vary according to the size of the oven and the volume of heat which is necessary effectively to warm it. It is also essential that the fire-chamber should be constructed to suit the heating power of the coal obtainable. It is, however, a mistake to conclude that because a particular type of cooking-range may be efficient in one country it will be equally efficient elsewhere. It is never wise to select a cooking-range without being quite sure that it has been made to suit the quality of the coal it is intended to use. Makers of reputation will always willingly answer questions on this point.

In Selecting a Cooking-Range, see that the size of the oven is suited to the joints likely to be used; see that the hot plate is large enough to accommodate the utensils; that the fire chamber is suitable for the quality of coal, and that, if hot water is wanted, the fire is large enough for that purpose. It is frequently more economical to have a separate boiler than to attempt to heat the domestic hot-water service from the cooking-range fire. Do not use a range that is too large for your requirements, because that will result in much waste. If the range is a large one, see that the oven door is lined with asbestos, so that it does not become a radiator of heat; that is wasteful. Also let it be fitted with a lifting fire bottom, and with an opening hood, so that the fire can be opened when the range is not required for cooking purposes The oven doors should be fitted with pedal openers, so that the foot can be brought into operation, thus leaving both hands free for holding a dish. The hot plate should be polished, so as to diminish the heat radiation into the kitchen. See that the plate-rack is smooth on the surface, and that the space above is made to close so as to retain the warm air. A cinder sifter in the ashpan is economical. See that the upper front part of the fire is closed with doors to prevent cold air mingling with the flames as they pass over the ovens. Avoid thin sheet-iron or steel, which corrodes with dampness. If the range to be selected is quite small, choose one the parts of which are made entirely of cast-iron, or, if for fuel economy the range should have thin oven plates, select one having plates that are renewable without taking the range to pieces. If a range with a side boiler is desired, a boiler made of copper is best; but there are many good ranges on the market having cast-iron boilers fitted with a U-shaped tube, which enters the fire-chamber and gives a copious supply of hot water. When fixing a brick-setting range, see that no air can pass into the chimney except through the fire. This is also most essential with independent and portable ranges; failures are frequently caused by flue-pipes being carelessly led into brick chimneys. All crevices around the smoke pipe or around the closure plates should be closely cemented, otherwise the oven heat will be nullified to a considerable extent. Never allow the fire to be higher than the top of the bricks in the fire-chamber, as this wastes the coal and checks the free passage of flame. Keep the flues as clear from soot as possible, because soot, besides being a non-conductor of heat, reduces the width of the flue and checks the draught. Replenish the fire with small quantities of fuel at a time, so as to avoid volumes of smoke being converted into soot.

How to Clean a Closed Range.—The oven door should be closed to keep out the soot, and the kitchen door and window closed to prevent the soot flying about; then all the ashes and cinders should be removed. All the little knobs on a range not attached to dampers indicate the position of the flues, and each of the small doors must be opened ONE AT A TIME, and the soot swept down with a brush constructed for the purpose, with a long flexible handle and a head like a bottle-brush. The highest flue-door is located in the breast of the covings, and sweeping should begin there. Usually a considerable amount of soot is found lodged at the side of the oven; all this must be swept down and removed from the lowest soot door. After clearing away all the soot the ovens must be swept out and thoroughly washed with hot water and soda, to remove the grease; and, when necessary, grease should be removed by the same means from the top and front of the range. The range must be perfectly dry before applying the blacklead, which will produce a brilliant polish if moistened with turpentine. The steel mouldings should be cleaned with paraffin and emery powder, or, when badly stained, with vinegar and bath brick.

CONVERTIBLE RANGES.

In small houses and flats where the kitchen has often to do duty as a living-room, a "convertible" range will be found a great boon. When cooking is finished, the stove can be so manipulated that a cheery open fire appears, all traces of the kitchener disappear, and the kitchen becomes the sitting-room. Many makes and types are available.

HAYBOX OR FUELLESS COOKERY.

Fuelless cookery has undergone a revival, and it has become a general practice in some households, the revival having no doubt been influenced by the increased cost of fuel, the simplicity of the process, and motives of general economy.

The title "fuelless cookery" is rather misleading, since fuel is necessary in the preliminary stages. Much fuel is however saved, a half at least, and often more than half, that required in other cookery methods. Many fuelless cookers are on the market, all operating on much the same principle; detailed instructions are issued with each cooker.

The simple haybox is more particularly applicable to all kinds of stews, which, however, are first partially cooked upon a coal-range or an electric or gas-stove, and then put into a suitable pot or vessel, which is closely covered, and then placed, with the contents still at the boil, in the prepared haybox. This last forms a perfect heat insulator, the result being that not only is the stew kept in a heated condition, but its cooking continues slowly. The food, on an average, takes four times as long to cook in the haybox as it would by the ordinary method. A quarter of the time is taken up by the preliminary stage on the stove, and the latter three-quarters is spent actually in the haybox. No great harm will come to the food if left in the haybox for a longer period. All kinds of dishes, such as meat, fish, fruit and vegetables can be cooked in this manner, but it is not suitable for roast joints or for actual boiling. The food, of course, usually requires re-heating before it can be served. The haybox is quite easy to devise, though home-made appliances are not, as a rule, so satisfactory as some of those on the market.

CULINARY UTENSILS.

Let the utensils be good and suitable for their purpose. It pays to buy the *best*; utensils of inferior quality are not only unsatisfactory in their work, but last a very short time.

If the household is small, it is unwise to have appliances that require much labour in polishing and cleaning; also remember that in a small kitchen shelf-space is limited, and a large number of pots and pans will only impede the cook.

A few words on the metals and compositions used in the manufacture of cooking utensils may aid the housewife in selection.

Aluminium.—Their extreme lightness makes kettles, steamers, stewpans, frying-pans and bain-maries of this metal most handy in the kitchen, and the fact that the juices of vegetables and fruits, etc., do not act upon it, gives aluminium a considerable advantage over copper. The metal heats quickly and retains heat for a long time. It requires some care in cleaning. (*See* p. 49.)

Copper utensils are very durable; in fact, with care they last a lifetime, and are an ornament to the kitchen when kept beautifully clean, but this entails considerable labour. Copper utensils should be frequently examined and re-tinned as soon as the linings begin to show signs of wear. One of the objections to the use of copper for culinary purposes is its liability to become coated with verdigris, or copper-rust, under careless or unskilful hands—verdigris being a poison imparting its deadly properties to any food cooked in a vessel that is so tainted.

Enamelled Ware is much used, both for cooking and for other kitchen utensils. It is clean, unbreakable, acid-proof, and does not injure the colour or flavour of any article cooked or placed within it. These utensils are also easily cleaned. But it is necessary to buy good quality articles, as in the cheaper classes the enamel is often thin, inferior, and contaminated with arsenic. Inferior enamel is apt to chip, and this is dangerous, as the particles are as sharp as glass, and capable of causing serious digestive troubles if inadvertently taken with food. Moreover, if the enamel is chipped or badly cracked all the advantages of enamelling are neutralized. This ware should always be properly seasoned before being taken into use. Fill to the brim with boiling water, add a good allowance of soda and allow to get cool, then wash thoroughly in very hot soap suds. Enamelled metal ware should never be placed in the oven or on a stove, unless it contains a liquid or some fat, otherwise the enamel will crack.

Fireproof Glass or Earthenware Cooking Appliances and Casserole Pots we owe to Continental chefs. For many purposes they are not to be surpassed. They are light, cleanly, impart no flavour to the most delicate of viands, quick in use, and may, for the most part, be sent up to table with their contents direct from the kitchener. Fireproof glass has the additional advantage of being transparent, so that it is possible to watch the food while in process of cooking; this, in many cases, being a most valuable feature.

Iron.—The great drawback to articles made of iron is their weight, and it is generally advisable to choose utensils of a lighter metal. Where saucepans of iron are purchased, see that they have a lining of silicate, as the food cooked in them keeps a better colour, and they are more easily cleaned than unlined vessels.

Wrought-steel Utensils possess all the advantages of copper without any of its drawbacks; they are easily kept clean, anything cooked in them does not become discoloured, and thickened sauces may be simmered in them for hours without injury, if occasionally stirred. The insides of the saucepans require re-tinning occasionally.

CLEANSING OF COOKING UTENSILS.

Aluminium pans should never be scraped or cleaned with a wire sponge, and soda or soda-water should not be used, as it will turn them black. No food containing soda should be cooked in this ware. Both inside and out should be scoured with silver-sand or sifted ashes, then well rinsed in warm water and thoroughly dried. In time a light brown film will form in the inside of the pot; this should not be removed as it is quite harmless. Once a week clean the outside of the utensils with a little metal polish, and give a rub up daily with a duster. This will add to their efficiency by minimizing the radiation of heat.

Copper articles should be cleaned with turpentine and fine brick-dust, or waste lemon skins and sand, rubbed on with flannel, and then polished with a leather and a little dry brick-dust. If the tin has worn off copper utensils, have it immediately replaced.

Earthenware.—For this ware hot soap and water is sufficient; any stains may be removed with a little brick-dust or fine sand.

Enamelled ware should be well scrubbed inside and out in hot water and soda and then thoroughly rinsed in clean water. If enamelled pans are stained, rub them well with lemons sprinkled with salt and from which the yellow rind and juice have been removed.

Iron saucepans, fish-kettles, etc., after being washed, should not only be thoroughly dried, but kept in a dry place to escape rust. If they have to stand some time before they can be washed, put water into them directly they are done with; do not, however, put cold water into hot pans, as it causes cracks, especially in enamelled ware. Soups or gravies should never be allowed to stand all night in saucepans.

Tins are best cleaned with soap and whiting, rubbed on with a soft rag or flannel. They should then be wiped thoroughly dry.

Wire Brushes and Steel Shavings.—These will be found most useful in scouring saucepans; they are great labour-savers.

WASHING OF DISHES, ETC.

Washing-up Machines.—These, though somewhat expensive, are invaluable where servants are at a premium. They vary from simple hand appliances, such as racks, crates, baskets, etc., which, when filled with dirty crockery, are merely immersed in a strong flow of hot rinsing water, then lifted out, drained and dried without further handling, to larger mechanical washers, often worked by electricity, which automatically remove the grease and solid matter, and promote a continuous flow of water until the crockery is clean, when it is lifted out and drained.

Washing-up by Hand.—Wash up as you go along; don't leave an accumulation to be dealt with at the end of the morning, or, perhaps, the end of the day! The labour saved by aluminium, enamelled, earthenware and glass utensils has already been mentioned.

Do not be afraid to use plenty of hot water in washing up dishes and dirty cooking utensils. Scraps of soap or one of the many cleansing preparations sold for the purpose should be added to the water; some people use soda, but this has a bad effect on the hands. Before commencing the actual process of washing-up, remove all scraps from the plates and dishes, and arrange the glass, silver and earthenware in separate piles. Change the water as often as it becomes dirty, or the articles will not be properly washed.

Rubber Gloves, Mops and Brushes.—It is well to remember that the hands may be greatly

saved by the use of mops, metal scourers and by wearing rubber gloves.

Drying Racks, Draining Boards, etc.—Wooden drying-racks are fitted above most sinks, or may be bought ready-made and fixed by oneself. Plates, dishes, etc., thoroughly washed in hot water, will dry themselves, though some housewives prefer to rub them over with a light cloth. On either side of the sink should be a draining-board; one for articles to be washed and the other to drain the clean ones.

Glass requires special care, and should be washed in warm (not hot) water to which a little ammonia has been added; very little soap should be used. Rinse in clear cold water, and dry with a fine cloth. Brightness may be given to glass by adding a little vinegar to the water in which it is rinsed. Glasses that have contained milk should be first rinsed in *cold* water, and then washed in the ordinary way.

Stained decanters may be cleaned by filling them half full of warm soapy water to which some tea leaves have been added. Allow them to soak, shaking well at intervals, then empty them and rinse thoroughly. Vinegar and salt will be found useful should the above method fail.

Spoons, Forks and Knives.—Next wash the spoons and forks, dipping them in a jug of boiling water before drying and rubbing thoroughly: this keeps them bright, saving frequent cleaning. Then wash the knives, drying them immediately, and taking care to keep the handles from contact with water or steam.

Stainless and Rustless Steel has made the work of knife-cleaning little to be dreaded, though *Knife Cleaners* have been so perfected that they will clean knives in a few seconds.

Stainless Silver-Nickel Utensils are procurable, though silver may now be washed and polished at the same time by inserting a specially prepared electric plate into hot water and soda, and then plunging in the silver. After about 20 seconds remove the silver and polish with an ordinary duster. Basins of aluminium, brass, galvanized or cast-iron should not be used in connection with this device, which should be carefully wiped after use.

China.—Soda must not be used in washing delicately coloured china, and the water should not be over-hot. Soap-powder or borax should be used. Delicate china must be carefully handled both in washing and in drying, and it is wise to place a folded towel in the bottom of the basin. Should an article slip it would then stand much less chance of being chipped or broken.

After washing the plates and dishes, wash out your dish tubs or basins with a little soap, soda and water, and scrub them; wash the dishcloth also, and wring it out.

Pudding-cloths and jelly-bags should have immediate attention after use; the former should be well washed, scalded and hung up to dry. Let them be perfectly aired before being put away. No soda should be used in washing pudding-cloths.

The Sink.—Do not throw anything but water down the sink, as the pipe is liable to get choked. The use of a sink-bucket, placed over the opening, will prevent any scraps, such as vegetable parings or tea-leaves, from entering the pipe and blocking it. A sink-brush is also a very necessary adjunct, and its use should not be neglected. At least three times a week pour a pail-ful of boiling soda-water down every trap; this prevents accumulation of grease, which more often than anything else stops up sink pipes.

METHODS OF COOKERY.

BAKING.

As in all other methods of cookery, the surrounding air may be several degrees hotter than boiling water, but the food is not appreciably hotter until it has lost water by evaporation, after which it may readily burn. The hot air of the oven is greedy of water, and evaporation is great, so that ordinary baking (i.e. just shutting the food into a hot-air chamber) is not suited for anything that needs moist heat. But "baking" often means to put some dry substance in a dish with water and to shut it in the air chamber, and under such circumstances it amounts to much the same as boiling, with surface heat added.

To test the heat of an oven special thermometers are made. For meat the temperature should be about 300° Fahr.; for bread 340°, afterwards lowered; for pastry about the same, the richest pastry requiring the hottest oven. The heat may be tested with a sheet of writing paper, which curls up brown in a pastry oven, or with flour, which takes every shade, from coffee colour to black, when sprinkled on the floor of the oven. Experienced cooks test very accurately by means of the hand.

The hot air of the oven sometimes imparts disagreeable flavours to the things cooked; but this can be avoided by keeping the oven scrupulously clean and having it well ventilated.

Should the oven be very brisk, it will be advisable to cover the joint with a piece of white paper, to prevent the meat from being scorched outside before the heat can penetrate into the inside. This paper should be removed ½ an hour before the time of serving dinner, so that the joint may take a good colour.

By means of a fireproof glass or earthenware dish many dishes may be economically prepared in the oven. The principal of these are soups, gravies, jugged hare, beef tea; and this mode of cooking may be advantageously adopted with a ham, previously covered with a common crust.

BOILING.

Boiling is generally thought to be the easiest method of cooking. Certainly nothing could be less troublesome than the simple process of boiling or stewing meat, and yet beef tough and flavourless, or a leg of mutton boiled to rags, is the rule rather than the exception. Only sufficient water just to cover the meat should be used, and the saucepan must not be larger than is necessary just to hold the joint. Success depends entirely upon the liquid in which the food is immersed, or partially immersed, being kept at a suitable temperature.

The temperature of boiling water at sea-level is 212° F. and 100° C.

Whether the water boil gently or is in a state of violent ebullition

the temperature is the same, and anything immersed in that water will cook at an equal rate, although there will be a wide difference between the tender juicy joint cooked at simmering-point and the tough stringy meat that has been quickly boiled, and which will be overdone outside and underdone inside. Salt meat must be slowly boiled and allowed to cool in the pot.

Actual boiling is only necessary in the following cases :—

(1) Preliminary cooking of meat, to harden albumen.

(2) For all green and most other vegetables.

(3) Rapid reduction of stock.

(4) To evaporate water from a sauce, an infusion or a decoction from vinegar, from wine, or from milk.

(5) For syrups of all kinds.

(6) Most farinaceous foods.

In order to find the right heat, we must first know which of several substances we have to deal with, and how each is acted upon by heat.

The simplest thing to boil is an egg. The white is little more than albumen and water ; the yolk contains albumen and water with some oil and some sulphur, but the albumen is of a rather different character.

Albumen begins to coagulate at 145°, sets into a jelly at 160°, and at a higher temperature quickly becomes tough and hard. Eggs should therefore be *gently* boiled. Some recommend the plan of putting the egg into a saucepan of boiling water, taking the pan off the fire, and letting the egg cook so. Others prefer to put the egg in cold water and to take the pan off directly the water boils (*see* recipe for Boiled Eggs, p. 286).

In boiling lean meat we deal with albumen again. Just as the white of an egg hardens by boiling, so does the albumen in a leg of mutton. Plunge the joint into boiling water, and on the surface an impervious crust is formed that prevents the juices from escaping. Once that is done, the boiling should cease, for the toughening of the albumen throughout the joint is as undesirable as the escape of the juices. Remove the scum while the water is near boiling-point, or it will sink and settle on the meat. Boiled meat intended for table should never be put into cold water : firstly, because the surface albumen is dissolved, and afterwards, when the water boils, hardens and rises as scum ; secondly, because the salts are dissolved, leaving the meat dry and flavourless. Cold water first and fast-boiling afterwards (the common way of cooking) is the worst possible way, for the meat is not only dry, but hard. If the meat is to be boiled for soup the object is to extract all the juice, the soluble albumen, and as much gelatine as may be, so that it should be cut up to multiply surfaces, put into cold water, and heated slowly to boiling-point. To attain contrary ends apply contrary means.

The exceptions to this rule, if any, for boiling meat, are in the case of sinewy and tendonous meat where gelatine is abundant. To make it soft and eatable long continued boiling is necessary. Calf's head and feet, veal tendons, cow heel and tripe are often put into cold water.

In order to obtain well-flavoured and eatable meat, we must relinquish the idea of making good soup from it, as that mode of boiling which yields the best soup gives the driest, toughest and most vapid meat. Slow boiling whitens the meat ; and we suspect that it is on this account that it is in such favour with cooks. The wholesomeness of food is, however, a matter of much greater moment than the appearance it presents on the table.

The objections raised to the prac-

tice of putting meat on the fire in cold water apply with equal force to the practice of soaking meat before cooking it, which is so strongly recommended by some cooks. Fresh meat ought *never* to be soaked, as all its most nutritive constituents are soluble in water. Salted and dried meats, however, require to be soaked for some time in water before they are cooked.

For boiling meat, the softer the water is the better. When spring water is boiled the chalk which gives to it the quality of hardness is precipitated. This chalk stains the meat, and communicates to it an unpleasant earthy taste. When nothing but hard water can be procured it may be softened by boiling it before it is used for culinary purposes.

The fire must be watched with great attention during the operation of boiling, so that its heat may be properly regulated. As a rule the pot should be kept in a simmering state.

The time allowed for boiling must be regulated according to the size and quality of the meat. As a general rule, a ¼ of an hour or 20 minutes, reckoning from the moment when the boiling commences, may be allowed for every lb. of beef or mutton. Veal requires from 20 to 25 minutes per lb., and pork 25 to 30 minutes.

Farinaceous Foods, such as macaroni, rice, sago, cornflour and flour puddings should be kept all the time in boiling water, in order to burst the starch granules. The mechanical action of fast bubbling water is often useful, partly in preventing grains of rice, etc., from settling to the bottom of the saucepan.

Boiled Fish.—*See* introduction to FISH SECTION.

Poultry should be put into warm water, and be simmered very slowly. The skimming must not be neglected, or the flesh will lose its whiteness.

BRAISING.

This is one of the most delicious ways of cooking meat, etc. Heat given below by means of the stove on which the braising-pan is placed, and heat above from the hot cinders with which the upper part of the vessel is filled, produces the effect that is obtained by first browning, then stewing.

The meat to be cooked is placed in the pan with sufficient stock, or stock and wine, just to moisten it, and vegetables, seasoning, herbs and spice to flavour it thoroughly; then the lid is set on, and the whole may be left, as a stewpan, almost to take care of itself, except for occasional basting. The vegetables, etc., are to help form and flavour the gravy, and when dry meats are cooked in this way they may be larded with advantage, the larded side being uppermost; crispness to the lardoons will be given by the heat above.

Delicate meats should be covered with greased paper to prevent them from being scorched by the heat from the lid.

The gravy obtained by this method of cookery should be strained, a little browning, thickening and seasoning added if necessary, and served poured over the meat.

FRYING.

Frying has been described as boiling in fat. It is not a correct phrase, because the fat is not boiled, and the thing fried is not always immersed in fat. Frying is the quickest mode of cooking, because melted fat or oil can be brought to a high temperature and, by contact with it, the food is very quickly and very much heated. All fried food is heated beyond boiling-water point on its surface; if the frying is prolonged the meat is overheated throughout, so that this method is not fitted for food that should be slowly cooked at a low temperature, such as tough meat.

The point to which fats or oils may be heated varies, some burning much more readily than others. About 350° to 400° F. is a suitable temperature; it can be higher; it should sometimes be lower for things that need slow cooking, but it is usually better to begin at a high temperature and lower it afterwards. The temperature is always lowered by putting in the cold things to be cooked, to a degree that is determined by the relative quantity of fat and food, and by the sort of food.

The temperature can be taken accurately with a thermometer constructed specially for the purpose, or it can be taken approximately by several homely devices.

1. Drop in a few drops of water. If the fat bubbles thereupon, it must be hotter than 212° F.; if it bubbles smartly it may be over 300° F.

2. Drop in a piece of bread and take it out at the end of ½ a minute. If the bread is crisp the fat is about 350° F. or more.

3. Parsley that becomes crisp immediately it is dropped in means fat at 350° F. or more.

4. The more violent the bubbling when anything is put in the hotter the fat.

5. A thin, filmy blue smoke rises when the fat is fit for frying, and then becomes thicker until the fat is burning, when there is a cloud.

6. Fat, unless it has left off bubbling and is quite still, is never hot enough to fry.

These rules are true of all fat, and more or less of all frying. But there are two ways of frying, known to cooks as DRY FRYING, and FRYING IN DEEP FAT; the second method being also known as "French frying." The former is more common; the latter is more economical, and produces better results.

Deep Frying, or frying in a saucepan, means that there must be fat enough to cover what is fried, and a pan deep enough to contain it. It is economical, for the fat can be used over and over again, and, if sufficiently hot, does not soak into the food fried, which consequently comes out quite dry and without any of the greasy moisture of frying-pan cookery. In the long run, less fat is used than for ordinary dry frying; though, of course, there is a greater outlay to begin with.

A steel or aluminium saucepan must be used, as the heat of the fat melts the solder of a tin pan.

Frying baskets should be used for all delicate frying to do away with the need for much handling, and to lift all the things out at the same moment. Failing a basket, an iron spoon or slice may be used, but not of tin or Britannia metal, as they would melt. Baskets should not be used for fritters, which stick to the wires. As the basket always expands with heat, it should not be a very tight fit for the pan.

Dry Frying is so called because of the small amount of fat used, not because of the dryness of what is fried, for things fried this way are very apt to be greasy. Sometimes the frying is so "dry" that only just fat enough is used to prevent the meat from sticking to the pan, just as the bars of a gridiron are greased. The iron pan is heated, and the meat is cooked by heat directly communicated from the hot iron. Such frying, in fact, is an imitation of grilling, and usually an unsuccessful imitation. There should always be at least enough fat to cover the surface of the pan, and it always should be made as hot as possible without burning, before beginning to fry. To put cold fat and cold pan and cold chop on the stove and let them all heat together is always a mistake, sure to result in a greasy, juiceless chop, with burnt fat. WHATEVER AND HOWEVER YOU FRY, FIRST HEAT THE FAT.

Fat for Frying.—Melted suet or fat can be used for French frying, and mutton fat is less likely to burn than beef fat, but either or both together will do. Lard should never be used, for it always leaves an unpleasant flavour and costs more than beef or mutton fat. Oil is to be preferred to, and can, without burning, be made hotter than any fat. Olive-oil is often recommended, but it is costly, and much of the oil sold as olive is adulterated with cotton-seed oil, which is far cheaper than any fat used as food. Unfortunately, though a great deal of olive-oil is sold, not much is sold under its right name or at a fair price, except to restaurants or to the vendors of fried fish. Many specially prepared fats are now on the market; they vary greatly. Some are merely beef fat, freed from skin and blood, and melted into cakes; these can be used like suet. Others are solidified cotton-seed oil, purified nut oil, etc., some going by the name of margarine. These are sold plain or as blends. Some of them are excellent for frying purposes, and are economical where much frying is required. Animal fats, with the exception of refined lard, burn quicker than vegetable fats. Butter is the soonest spoilt by high temperatures.

BOILING-POINTS OF VARIOUS FATS.

Butter	150° Fahrenheit
Lard	210° ,,
Suet	220° ,,
Goose fat, etc. . .	360° ,,
Oil	390–400° ,,

Average heat for deep frying is 300°.

To clarify fat or suet for frying, it should be cut into small pieces, put into a saucepan with just enough water to prevent burning, heated over a slow fire until the liquid fat is quite clear and then strained. The pieces strained out are an economical substitute for suet for short-cakes, puddings, etc. After using several times, the fat can be purified by pouring it, whilst hot, into a pan of water and well stirring; the pieces and impurities settle at the bottom of the cake of fat or sink into the water. The fat should be also occasionally strained when fairly cool; if it be strained directly after frying it will melt any soldered strainer. To fry well the food should be dried. Fish can be lightly coated with flour; vegetables well-dried in a cloth. Before dropping into hot fat anything that contains much water, lift the pan off the stove, as the fat is likely to bubble over and catch fire.

GRILLING.

The rules for grilling remain the same always. A hot fire at first, with a hot gridiron well greased. Frequent turning. No holes made in the surface, nor cuts to see if the meat is cooked.

The meat must be turned frequently so that it may be heated and the albumen may coagulate all over and not merely on one side. Tongs are used to turn it over with, because they cannot be stuck into the meat and make holes for the juice to run out, but a knife or spoon or a fork run into the fat answers just as well in the hands of a cook who knows the reason why a blunt instrument is recommended. Some few grilled things should not be turned: a mushroom, for instance, is grilled stalk upwards. The inside of a split fish should first go to the fire, and afterwards the skin. Paper is wrapped round salmon and other fresh-water fish before grilling.

It is not an economical way of cooking, for though quickly done it takes a great deal of fuel to make a good grilling fire. The meat loses weight more than in most ways of cooking. And it is only suited for tender, juicy meat from the best joints, such as steaks and chops.

ROASTING.

This is the favourite British method of cookery. The waste in roasting is great; from a third to a quarter of the total weight of a joint is lost, only a small part being recoverable in the gravy or dripping. Furthermore, it is a method only suited to the tender parts of meat, and does not answer at all for the less expensive sinewy and gelatinous meat. Against this has to be set the fact that roast meat is agreeable to most persons' taste and is generally digestible. As in grilling, the object is to harden the surface albumen and so imprison the juices. This can only be done by making it very hot for a short time; the heat must afterwards be lessened by cooling the oven. The fire must be brisk and steady, and no fierce heat, except for the preliminary period, while the surface albumen is being hardened. The larger the joint the smaller the fire, lest the joint should be burnt outside before it is cooked enough, but it should always be hot FIRST and cool afterwards. In a perfectly-roasted joint, the outside albumen should be thoroughly hardened, but inside it should only reach the moderate heat that just coagulates the albumen and swells and softens the fibrine; cooked more than this, the fibre becomes hard and separates into bundles that resist teeth and digestive organs. This can scarcely happen to a large joint, but often does to a small one, and this is the reason why a small joint is often dry and hard. It is a sign of good meat and of good roasting to lose little in weight.

Baste the meat every 10 minutes; this helps cooking, keeps the meat juicy, and improves the flavour.

Under each particular recipe there is stated the time required for roasting each joint; but, as a general rule, it may be here noted that for every pound of meat, beef or mutton, in ordinary-sized joints, 15 to 20 minutes should be allowed, and 15 minutes over.

White meats, and the meat of young animals, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork and lamb should be thoroughly done to the centre, and require more time than red meats.

Mutton and beef, on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be dressed to the point that, in carving them, the gravy should just run, but not too freely. Of course, in this, as in most other dishes, the tastes of individuals vary.

SAUTÉING.

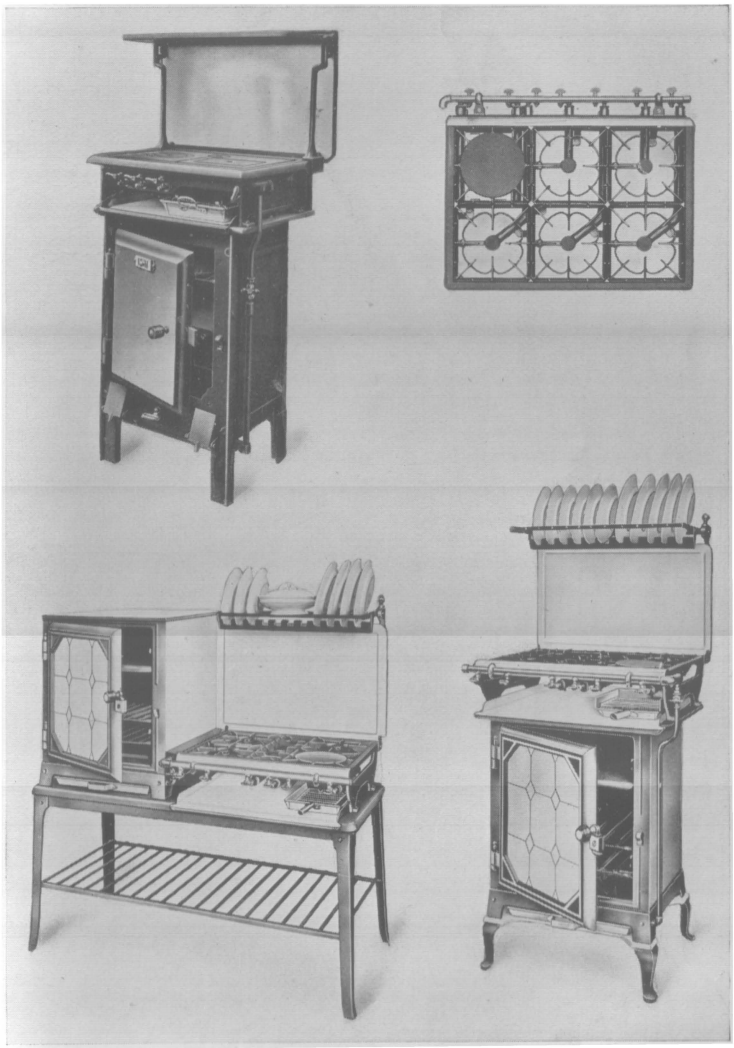
This is a sort of combination of frying and stewing. The pan used is a very shallow kind of stewpan, in which a little very well clarified fat is melted, then the chop, kidney or whatever is to be cooked, is put into this, and when nearly done the fat is drained off and the article finished in sauce or stock.

STEAMING.

Steaming is one of the most economical methods of cooking known. Not only is a saving of fuel effected by the use of a three, or more, tiered steamer, thus using only one space on a stove for several operations, but the saving in the actual bulk and worth of articles steamed is great. It is such an easy, simple mode of cooking that it should be a popular one. Take, for example, a pudding, say a batter one. This is placed in the steamer, and there need be no anxiety on the part of the cook as to the result, no fear of the pudding being watery or heavy, as it may be if boiled, provided it be taken out directly it is done.

For some months of the year, before new potatoes are within the reach of the majority, the old ones

GAS COOKERS



Gas Cooker showing interior of Oven. Hot Plate showing burners and griller. A cooker which eliminates stooping, the oven and hot plate being side by side. Gas Cooker finished in enamel ; it is mounted on legs to save the cook unnecessary stooping, and to facilitate cleaning under the stove.

ELECTRIC COOKERS

Hot cupboard. Electric griller. Electric cookers showing hot plates, grillers, switches and controls. Small oven and hot plate.

are almost invariably best when cooked by steam. Meat cooked by steam is delicate in flavour, but, unlike vegetables, it must be put in a tin of a smaller size than the bottom of the steamer, as it is necessary to preserve the gravy. Slow cooking of this gives more gravy than could be obtained from the water in which a joint is boiled.

Fish to Steam.—*See* introduction to FISH SECTION.

Steaming is most useful for re-heating cooked vegetables or other foods.

STEWING.

Stewing almost invariably requires a heat much below that of boiling water: 165° F. is about stewing-point. Whatever is stewed parts with much of its goodness to the surrounding liquor, which should not, therefore, be wasted. Less liquid is used than in boiling. Stewing is particularly suitable for gelatinous meat, such as knuckles, heads and feet, and for all tough, fibrous meat, because long-continued, moderate heat, with moisture, is the best way of bringing gelatine and tough fibre into eatable condition. Stewing is the cheapest method of cooking, for several reasons. Little heat is required; therefore little fuel is used. Nothing is wasted; whatever goes into the pot comes out. The cheapest and coarsest meat can be used; and very little attention is needed while cooking. In order that all the juices may not be extracted from the meat it is sometimes fried before stewing; this gives it a good colour, and also hardens the surface albumen and prevents the soluble matters from escaping. *Never boil a stew*; it should stand by the side of the stove, and should never do more than bubble occasionally and leisurely at one side of a large pan. The scum must be removed from time to time. Special saucepans for stewing are obtainable at very moderate prices, but casseroles and fireproof glass dishes are very hard to surpass.

One difficulty is that carrots and turnips, when they are old and tough, ought to be boiled, and so do not agree with a small piece of stewed meat. Cooked together, either vegetables or meat must be spoiled. It is best to boil the vegetables first, and then to use them and their liquor for the stew.

A common mistake is to put in too much liquid. The raw meat supplies some liquid by its own juices, and many cooks do not sufficiently realize that at the moderate heat of stewing there is little waste by evaporation.

According to the quality of the meat so must the heat of the water used for stewing be regulated. For hard, gristly parts, or for an old fowl, cold water to start with is best, but it may be brought to boiling-point before a prime steak or good piece of meat be put in.

Fish to Stew.—*See* introduction to FISH SECTION.

LARDING.

Dry meats and poultry are far better if larded, and with very little practice larding will not be difficult.

Bacon sold specially for the purpose must be sliced thinly, not more than a ¼ of an inch thick, and this must be again cut in strips, about 3 to the inch for a large surface, or narrower for a small bird or pieces of meat. The lardoons must then be put into the split end of the needle and drawn through the flesh as we should draw cotton through, leaving equal quantities projecting where the needle enters and is drawn out.

The usual length for lardoons is from 1½ to 2 in., but long strips may be used run in and out again several times as we use cotton, but this is more difficult, particularly in hot weather, when the bacon is apt to get soft and to break. It should

be always kept in a cool place to render it hard and firm, and if it can be laid on ice for a time so much the better. A guinea-fowl should be larded, and the breast of a turkey is better for being so treated; veal also gains much in flavour by larding.

When the larding is completed, if the pieces look at all uneven or ragged, they may be snipped with a sharp pair of scissors.

BARDING

consists of placing thin slices of larding bacon with little incisions in them completely to cover that which should be otherwise larded. The bacon may be left on baked or roast articles when the bird or meat is sent to table, when if a little glaze is at hand it should be brushed over with it, but it should be removed from boiling foods. A string should be used to tie these sheets of bacon upon the article barded. This way of treating poultry, etc., saves time in the basting that must otherwise be done.

BROWNING.

Browning, to give a bright brown colour to the upper part of many baked dishes, must be done with a salamander, or, failing this, a hot shovel. Either one or the other is made red hot, and held for a few moments over the dish till a bright brown colouring is given.

Such things as scalloped oysters and macaroni cheese are often quite cooked without being brown on the top, and if allowed to remain in the oven till the required colour is reached, they will become dry.

Gas ovens are fitted so that no salamander is needed, but articles cooked in a kitchener or range oven very often require one to make them look inviting in appearance.

For cooking Fish, Vegetables, Puddings, Cakes, etc., *see also* **introductory matter to each particular section.**

HINTS FOR AMATEUR COOKS.

For the benefit of amateur cooks we compress what has been said into a few general hints.

The two most common faults with amateur cooks are not giving sufficient time and attention to the details of preparation, and ignorance of the varying action of heat. It is admitted that the making of soups and sauces is a test of a good cook. Now, both soups and sauces (with a few exceptions, which prove the rule) require very careful preliminary preparation and close attention during cooking. The time devoted to planning, cleaning, chopping, paring or trussing, as the case may be, is not lost. The actual process of cooking is immensely facilitated, and success half assured, if everything has been properly prepared beforehand.

Then, as regards the utilization of heat; it is essential in boiling and roasting that the temperature should be very high at first, to prevent loss of nutriment, and then be lowered to prevent the meat being scorched and dried. In stewing, however, the heat should be moderate and the cooking slow. Frying in most cases should be done in hot fat. Omelets, pancakes, and a few other preparations only require to be placed in a pan with a little butter. When using an oven, if the dish requires long cooking, get up a high temperature at first and then lower it slightly; but pastry requires quick cooking in a fairly brisk oven.

All dishes should be duly flavoured with the necessary condiments during the process of cooking, except in the case of roast meats, when salt should only be applied just before serving. Water is a solvent, so all meat and vegetables should be plunged into fast-boiling water, unless the object is to extract flavour for making soups.

THE LARDER AND STORE-ROOM.

THE PRESERVATION OF FOOD.

The Larder.—*Butter* must not be closely covered or it will become rancid, but must have a covering of butter-muslin to protect it from flies and impurities.

Fish.—All oily fish should be eaten as fresh as possible. If kept, they should be cleaned and wiped very dry, and kept in a cool place.

Turbot, brill, and halibut may be kept in a cool place for a day or two with advantage. A whole fish should be hung up by the tail. Fish that is not quite fresh may be improved by thorough washing in vinegar and water, or permanganate of potash and water.

Meat must be dried each morning, for it sweats, and will become musty unless so treated. It should be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well wiped with a clean cloth dipped in warm water and vinegar. In loins of meat, the long pipe which runs in the cavity of the bone should be taken out, as it is apt to taint, as also the kernels of beef.

Milk is far too frequently left standing for long periods in an uncovered jug. Too much care cannot be given to the preservation of milk intended for consumption by children. Milk will also keep very much better if closely covered.

Sauces and Soups are best conserved in earthenware pans. They should be boiled up again each day, allowed to cool, and not returned to the larder until cold.

Vegetables and Fruit.—In very cold weather vegetables touched by the frost should be brought into the kitchen early in the morning and soaked in cold water. Vegetables keep best on a stone floor, if the air be excluded.

HOW TO STORE FOOD.

The Store-room is essentially the place for keeping dry-goods, and therefore must itself, above all, be dry. To ensure adequate accommodation it must not be lacking in cupboards, drawers, shelves, hooks and nails. The following remarks as to the best way of storing various articles may be useful :—

Biscuits must be kept in air-tight tins.

Bread is best kept in an earthenware pan, the lid being pierced to admit just a little air.

Candles may be kept in packets, but they must be in a dry place.

Cereals, such as rice, semolina and tapioca, must be kept well covered.

Dried Meats and Hams should be suspended in the coolest part.

Flour must be kept in an air-tight bin, and even then needs frequent examination.

Herbs are best preserved in paper bags suspended from a hook. A thoroughly air-tight glass bottle will keep mint in perfection.

Jam, Pickles and Preserves require the coolest and driest part of the room, and are best stored in hermetically-sealed glass jars.

Oranges and Lemons should be hung up in a net ; this will keep them dry and free from contact with shelves.

Salt must be kept very dry or it will "cake" ; an air-tight tin is the best receptacle.

Soap.—Although usually bought in bars, it will be more economical if cut into cakes for storing.

Spices should be kept in canisters, or in small bottles, closely corked.

Starch.—Care must be taken to keep this very dry.

Sugar.—For this, earthenware jars will be found most suitable.

Tea, Coffee and Cocoa.—Tins will here be found most satisfactory ; the lids must be close-fitting.

THE COOKING THERMOMETER.

COOKING TEMPERATURES.

Method.	Food to be Cooked.	Temperature.
Baking	Bread and Puff Paste	320°–340° F.
	Cakes and Pastry	310°–320° F.
	Beef	310° F.
	Game and Poultry	310° F.
	Mutton	300° F.
	Meat Pies	290°–300° F.
Boiling		212° F.
	Simmering	200°–210° F.
	Slow Simmering	180°–190° F.
Deep Frying	Fish	360°–380° F.
	Meat	360°–380° F.
	Fritters	350°–360° F.

THE OVEN.

Oven.	Temperature.	Will Brown a Tablespoonful of Flour in
Slow Oven	270° to 280° F.	5 minutes
Moderate Oven	290° to 300° F.	4 "
Hot Oven	330° to 350° F.	3 "

QUANTITIES AND TIME.

Scales and weights are desirable in all culinary operations, and exactitude makes for success, but they are not indispensable. Weights and measures have rough and ready equivalents, as the tables (see p. 64) will show. Though not exact, they are sufficiently so for ordinary purposes. "Rule of thumb" sometimes produces good results, but it is uncertain, and it is better to have a rough guide than none. Lacking weights and scales, all ingredients should be measured in cups, spoons, or whatever utensil or vessel may be best suited to the quantity. But, whether the ingredients be intended for cake, pudding, soup or sauce, something more than exact weight and measure and careful mixing is required. Our recipes give precise directions as to the application of strong or gentle heat and whether the vessels are to remain uncovered or otherwise. If these directions be disregarded, and soups or stews are allowed to reduce themselves by evaporation and rapid boiling, it follows that the amount of liquid allowed for the stew is too little, and the quantity of thickening intended for the soup will be too much. If eggs were of uniform size, and if flour always absorbed the same amount of liquid, it would be possible to state precisely how many eggs or how much milk would sufficiently moisten a given quantity of flour. As matters stand, indecisive terms and directions are sometimes unavoidable: something must be left to the discretion and common sense of the worker.

THE COOK'S TIME-TABLE.

TIMES TO ALLOW FOR COOKING.

When consulting these tables the following facts must be borne in mind :—

In every instance the times allowed for Cooking have been estimated by good average heat, properly kept up and suitable for each particular thing.

That during roasting or baking the joints, etc., have been carefully basted and looked after.

That in boiling the times stated have been after the water boils, and that the skimming has not been neglected.

From these tables it should be easy to reckon the times to allow for cooking joints of different weights from those given by adding or deducting in proportion to that stated. Thus, if a joint of ribs of beef weighing 8 lb. takes 2 hours to roast and one of 10, 2½ hours, the time allowed will be found 15 minutes to the lb. between those weights, therefore a joint of 9 lb. should take 2¼ hours if cooked in the same manner.

TIMES TO ALLOW FOR COOKING BEEF BY VARIOUS METHODS.

Joint.	How Cooked.	Weight. Time.	Weight. Time.	Weight. Time.
		lb. h. m.	lb. h. m.	lb. h. m.
Aitchbone	Boiled	8 .. 2 0	10 .. 2 30	12 .. 2 45
Brisket	Boiled	7 .. 2 0	8 .. 2 15	10 .. 2 30
Ribs	Roasted	8 .. 2 0	10 .. 2 30	12 .. 2 45
„ (Boned)	Roasted	7 .. 2 0	9 .. 2 30	11 .. 2 50
Round	Roasted	6 .. 1 30	9 .. 2 10	12 .. 2 45
[1] Rump-steak	Grilled	1 .. 0 8	2 .. 0 10	3 .. 0 12
Rump-steak	Fried	1 .. 0 10	2 .. 0 12	3 .. 0 14
Shin	Stewed	6 .. 3 30	8 .. 4 0	10 .. 4 15
Silverside (Salt)	Boiled	7 .. 2 0	10 .. 2 30	14 .. 3 15
Sirloin	Roasted	10 .. 2 35	13 .. 3 15	16 .. 4 0
Heart	Baked	4 .. 1 45	5 .. 2 30	— .. —
Tail	Stewed	1½ .. 1 30	2 .. 1 50	— .. —
Tongue	Boiled	6 .. 3 15	— .. —	— .. —

[1] Time required depends on thickness more than weight.

TIMES TO ALLOW FOR COOKING VEAL BY VARIOUS METHODS.

Joint.	How Cooked.	Weight. Time.	Weight. Time.	Weight. Time.
		lb. h. m.	lb. h. m.	lb. h. m.
Breast	Stewed	6 .. 2 15	8 .. 2 20	10 .. 3 0
Cutlet	Fried	1 .. 0 12	2 .. 0 15	3 .. 0 18
Fillet	Roasted	9 .. 3 45	12 .. 4 15	14 .. 4 30
Knuckle	Stewed	3 .. 2 20	5 .. 2 45	6 .. 3 0
Loin	Roasted	10 .. 2 50	12 .. 3 10	16 .. 4 0
Shoulder	Roasted	8 .. 3 15	10 .. 3 30	12 .. 4 0
Shoulder	Stewed	8 .. 3 30	10 .. 3 50	12 .. 4 10
Head	Boiled	12 .. 2 30	13 .. 2 45	14 .. 3 0
Head	Stewed	12 .. 4 40	13 .. 4 50	14 .. 5 0
Heart	Roasted	1 .. 0 40	1½ .. 0 50	— .. —
Sweetbread	Stewed	1 .. 0 25	1½ .. 0 30	— .. —

TIMES TO ALLOW FOR COOKING MUTTON BY VARIOUS METHODS.

Joint.	How Cooked.	Weight. Time.	Weight. Time.	Weight. Time.
		lb. h. m.	lb. h. m.	lb. h. m.
Breast	Boiled	3 .. 1 30	4 .. 1 45	5 .. 2 0
Haunch	Roasted	10 .. 3 20	12 .. 4 0	16 .. 4 30
Leg	Boiled	7 .. 2 0	10 .. 2 30	12 .. 3 0
Leg	Roasted	7 .. 2 0	10 .. 2 30	12 .. 2 45
Loin	Roasted	6 .. 1 40	7 .. 1 50	8 .. 2 10
Neck (Best End)	Roasted	3 .. 0 50	4 .. 1 0	5 .. 1 20
„ (Scrag)	Stewed	1 .. 1 45	1½ .. 2 0	2 .. 2 10
Saddle	Roasted	12 .. 3 0	14 .. 3 15	16 .. 3 35
Shoulder	Roasted	6 .. 1 30	8 .. 1 45	9 .. 2 0
Head	Boiled	5 .. 1 30	6 .. 1 45	7 .. 2 0
Heart	Roasted	0½ .. 0 30	— .. —	— .. —
Kidney	Grilled	1 .. 0 6	— .. —	— .. —

TIMES TO ALLOW FOR COOKING LAMB BY VARIOUS METHODS.

Joint.	How Cooked.	Weight. Time.	Weight. Time.	Weight. Time.
		lb. h. m.	lb. h. m.	lb. h. m.
Breast	Stewed	1 .. 1 10	2 .. 1 20	3 .. 1 30
Fore-quarter	Roasted	6 .. 1 20	7 .. 1 35	8 .. 1 45
Hind-quarter	Roasted	7 .. 1 35	8 .. 1 45	9 .. 1 50
Leg	Roasted	3 .. 1 20	4 .. 1 30	6 .. 1 40
Loin	Roasted	3 .. 0 50	4 .. 1 5	5 .. 1 15
Neck (Best End)	Baked	2 .. 0 40	3 .. 0 50	4 .. 1 0
Shoulder	Roasted	3 .. 0 50	4 .. 1 0	5 .. 1 10

TIMES TO ALLOW FOR COOKING PORK BY VARIOUS METHODS.

Part.	How Cooked.	Weight. Time.	Weight. Time.	Weight. Time.
		lb. h. m.	lb. h. m.	lb. h. m.
Ham (Smoked)	Baked	8 .. 3 45	10 .. 4 0	12 .. 4 20
Ham	Boiled	8 .. 3 50	10 .. 4 15	12 .. 4 30
Hand	Boiled	3 .. 2 0	4 .. 2 15	5 .. 2 25
Fore-loin	Roasted	6 .. 2 15	8 .. 2 40	10 .. 3 0
Hind-loin	Roasted	6 .. 2 15	8 .. 2 40	12 .. 3 0
Leg	Boiled	6 .. 3 0	8 .. 3 30	10 .. 4 0
Leg	Roasted	6 .. 2 15	8 .. 3 10	10 .. 4 0
Bacon	Boiled	2 .. 1 30	4 .. 2 0	6 .. 2 20
Face (half)	Boiled	2 .. 1 30	3 .. 1 40	4 .. 1 50

TIMES TO ALLOW FOR COOKING FISH BY VARIOUS METHODS.

Name.	How Cooked.	Size or Quantity.	Time.	Name.	How Cooked.	Size or Quantity.	Time.
			h. m.				h. m.
Bloaters .	Grilled	Medium	0 5	Plaice . .	Grilled	Small	0 5
Brill . .	Boiled	Medium	0 20	„ (Fillets)	Fried	Large	0 5
Cod (Head)	Boiled	Medium	0 30	Salmon .	Boiled	8 lb.	1 0
„ (Middle)	Boiled	3 lb.	0 30	„ (Head& Sho'ld'rs)	Boiled	3 lb.	0 30
„ Steaks.	Fried	Thick	—	„ (Middle)	Boiled	3 lb.	0 30
John Dory	Boiled	Medium	0 25	„ (Tail)	Boiled	3 lb.	0 28
Eels . .	Souché	2 lb.	0 35	„ Cutlets	Fried	Thick	0 7
Eels . .	Stewed	2 lb.	0 45	Shad . .	Boiled	Medium	0 40
Flounders .	Fried	Small	0 5	Smelts . .	Fried	1 doz.	0 5
Haddocks .	Baked	Large	0 45	Soles . .	Boiled	Large	0 9
„ Dried	Grilled	Medium	0 5	Soles . .	Fried	Medium	0 7
Herrings	Baked	Medium	0 30	Sprats . .	Fried	Medium	0 3
Lobster. .	Boiled	Large	0 40	Trout . .	Baked	Medium	0 30
Lobster. .	Boiled	Small	0 30	Trout . .	Stewed	Medium	0 40
Mackerel .	Boiled	Large	0 13	Turbot .	Boiled	Large	0 30
Mackerel .	Grilled	Small	0 10	„ (Cut)	Boiled	2 lb.	0 15
Mullet (Red)	Baked	Medium	0 25	„ (Fillet'd)	Fried	Medium	0 10
„ (Grey)	Baked	Medium	0 30	Whitebait	Fried	½ pint	0 4
Oysters. .	Scalloped	Small tin	0 15	Whiting .	Fried	Small	0 6
Plaice . .	Fried	Medium	0 5				

Note.—In nearly all cases fish may be *steamed* instead of *boiled.*

TIMES TO ALLOW FOR COOKING POULTRY AND GAME BY VARIOUS METHODS.

Name.	How Cooked.	Size or Quantity.	Time.	Name.	How Cooked.	Size or Quantity.	Time.
			h. m.				h. m.
Ducklings .	Roasted	Medium	0 35	Guinea Fowl	Roasted	Medium	1 0
Ducks . .	Roasted	Large	1 0	Larks . .	Baked	1 doz.	0 15
Fowl . .	Boiled	Large	1 0	Pigeon. .	Grilled.	Medium	0 15
Fowl . .	Boiled	Medium	0 45	Pigeon. .	Stewed	Medium	0 30
Fowl . .	Roasted	Medium	0 50	Rabbit .	Boiled	Medium	0 40
Goose . .	Roasted	Large .	1 50	Rabbit .	Roasted	Large .	0 50
Goose . .	Roasted	Small	1 25	Turkey .	Boiled	Medium	1 45
Blackcock .	Roasted	Large	0 50	Turkey .	Roasted	Large	2 40
Duck (Wild)	Roasted	Medium	0 25	Plover .	Roasted	Medium	0 12
Grouse . .	Roasted	Medium	0 30	Ptarmigan	Roasted	Medium	0 35
Hare . .	Jugged	Medium	3 30	Quail . .	Roasted	Medium	0 25
Hare . .	Roasted	Large	1 55	Snipe . .	Roasted	Medium	0 20
Leveret. .	Roasted	Medium	0 45	Teal . .	Roasted	Medium	0 12
Partridge .	Roasted	Medium	0 30	Venison	Roasted	Large	4 30
Pheasant .	Roasted	Large	0 50	Haunch	Roasted	Small	3 0
Green Goose	Roasted	Medium	0 50	Woodcock.	Roasted	Medium	0 25

TABLE OF EQUIVALENTS.

Ingredient.	Measure.	Weight.
		Oz.
Almonds (grated)	1 tablespoonful	1
Arrowroot	1 ,,	½
Barley (pearl)	1 ,,	½
Beans (haricot)	1 breakfastcupful	6
Breadcrumbs (fresh)	1 ,,	4
,, (raspings)	1 ,,	5
Butter (heaped)	1 ,,	7
Cream of Tartar	½ teaspoonful	¼
Cheese (grated)	1 tablespoonful	½
Cocoa	1 ,,	½
Coco-nut (desiccated)	1 breakfastcupful	2
Cornflour	1 ,,	4
Currants	1 ,,	5
Curry Powder	1 teaspoonful	¼
Dripping (heaped)	1 breakfastcupful	7
Eggs	3 average sized	5
Flour	1 breakfastcupful	4
Lentils	1 ,,	5
Margarine	1 ,,	7
Oatmeal	1 ,,	5
Peas (split)	1 ,,	5
Raisins	1 ,,	6
Rice	1 ,,	7
,, (ground)	1 ,,	5
Salt (rough)	1 tablespoonful	1
Soda, Bicarbonate	½ teaspoonful	¼
Suet (chopped)	1 breakfastcupful	4
Sugar (castor)	1 ,,	7
,, (moist)	1 ,,	8
,, (lump)	6 ordinary-sized lumps	1
Semolina, Sago and Tapioca	1 breakfastcupful	4

LIQUIDS.

1 saltspoonful is equal to . . . . . ½ a teaspoonful.
1 teaspoonful ,, ,, ... ⅓ a dessertspoonful.
1 dessertspoonful ,, ,, ... ½ a tablespoonful.

1 breakfastcupful of Water or Milk . . . . = ½ a pint.
1 teacupful ,, ,, ... = ¼ ,,
4 tablespoonfuls ,, ,, ... = ½ ,,

QUANTITIES AND MEASURES.

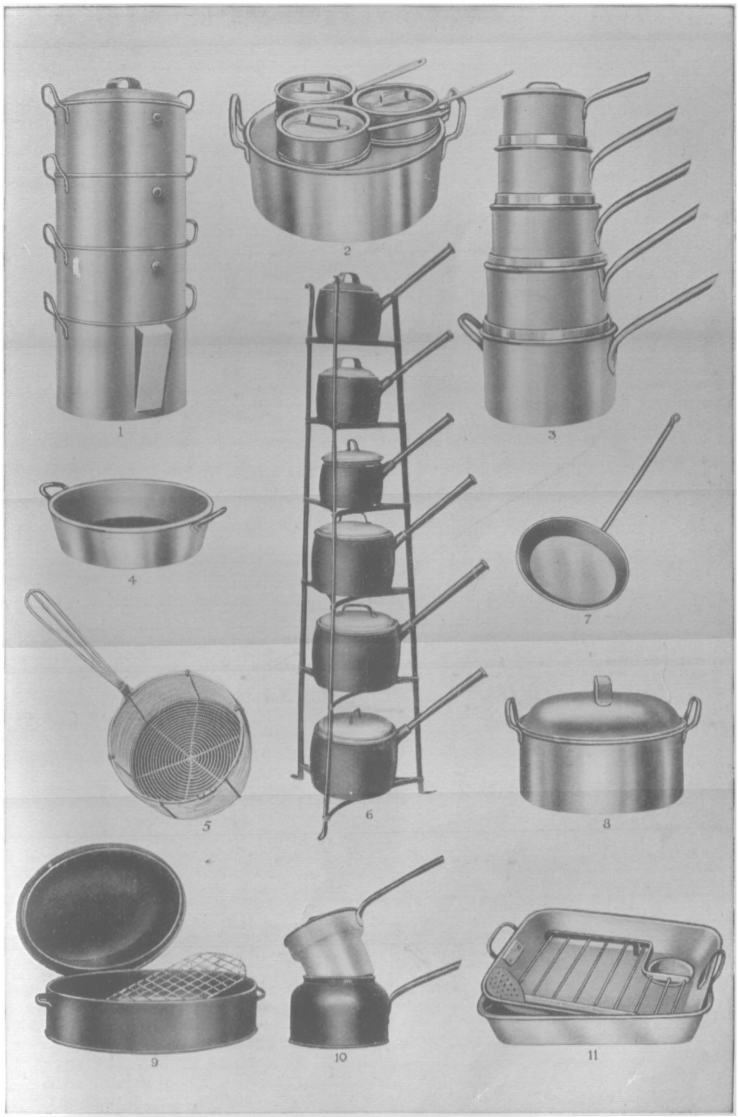
DRY MEASURE.

2 Pints = 1 Quart.
8 Quarts = 1 Peck.
4 Pecks = 1 Bushel (bush.)
3 Bushels = 1 Sack.
12 Sacks = 1 Chaldron.
8 Bushels = 1 Quarter (qr.).
5 Quarters = 1 Load (ld.).

LIQUID MEASURE.

4 Gills = 1 Pint (pt.)
2 Pints = 1 Quart (qt.).
4 Quarts = 1 Gallon (gall.).
31½ Gallons = 1 Barrel.
2 Barrels = 1 Hogshead.

KITCHEN UTENSILS



1. Three-Tier Steamer. 2. Bain-Marie. 3. Nest of Enamel Saucepans. 4. Preserving Pan. 5. Frying Basket. 6. Saucepan Stand. 7. Frying Pan. 8. Fish Kettle. 9. Roaster. 10. Enamel Milk Saucepan or Porridge Boiler. 11. Double Roasting Pan with Meat Stand.

KITCHEN APPARATUS

1. Cinder Sifter. 2. Refrigerator. 3. Water Softener. 4. Scales. 5. Water Filter. 6. Ice Freezer. 7. Cooking Thermometer. 8. Fuelless Cooker. 9. Thermos Flask.

STOCK AND SOUPS.

THE STOCK-POT.

A stock-pot should be found in every kitchen, for by its use every scrap of bone, gristle, or trimming that in its absence would probably be thrown away, will be made to yield stock or gravy, and thus form the base of nourishing soup or savoury stew. A brown earthenware stewing vessel makes a capital stock-pot, although it lacks the strainer and tap, which many deem indispensable. When serving its purpose, it may be kept by the side of the fire, or placed in the oven, and in cold weather the daily emptying and straining are unnecessary. The stock will not turn sour if kept either at simmering point on the stove, or in a cool larder. Let it be nearly boiling or quite cold, for both animal and vegetable matter quickly decompose when kept just warm for any length of time.

In making stock, the meat or bones should be put into cold water, the bones being broken and the meat cut up, so as to expose as much surface as possible to the action of the water. If the stock is for immediate use, vegetables should be added when the stock boils, but not otherwise. Just before boiling point is reached, stock for clear soup should be well skimmed, a little salt, or a small quantity of cold water will help the scum to rise. The usual allowance of water is one quart to each pound of meat. The stock should simmer gently for at least six hours, the pot being closely covered meanwhile, otherwise the loss by evaporation will be considerable.

The liquor in which poultry has been boiled may be easily converted into a good white soup, while meat broth makes a capital stock for pea, bean, lentil, and many brown soups. The water in which a ham has been boiled may also be used, but it should be allowed to cool before it is used, so that the fat may be removed.

Vegetables should always be used very sparingly in making stock, otherwise their flavour will overpower that of the meat. The following rules and directions should be observed in making stock.

(1) White stock is usually made from veal bones, remains of poultry, and calves' feet.

(2) Beef makes the best brown stock, but it lacks gelatinous substance. A little veal, a few veal bones, or necks of chicken may be added to give body to the stock.

(3) Stock meat should be as lean and as fresh as possible. It may be wiped with a damp cloth, but never washed.

(4) Meat should be cut into small pieces, to multiply the surfaces to be exposed to the softening and dissolving influences of the water.

(5) The meat should be allowed to stand in the water for a time, and the water should very slowly be brought to boiling point.

(6) The vegetables must be whole, or in large pieces, and never added until the stock has been boiled and been thoroughly skimmed.

(7) When cold the fat should be removed from the surface.

PREPARATION OF SOUP.

The exact amount of stock or water required as the basis, say, of one quart of soup, varies considerably. It depends in some measure on whether the soup is quickly made or one of slow process, but chiefly on the rate of cooking, and whether the lid of the vessel is kept on to prevent waste by evaporation. If the liquid becomes greatly reduced by rapid boiling, being closely covered meanwhile, it has simply become concentrated in strength and flavour, and water may be added to make up the original quantity. Should the liquor, however, by being allowed to boil in an uncovered saucepan, have wasted its strength and flavour, sufficient stock, or whatever formed the basis of the soup, must be added to make up the original strength and quantity. The inexperienced cook should take this lesson to heart: *Cooking cannot be hastened.* Should preparations for a meal have been delayed, nothing is gained and much may be spoiled by placing the saucepan containing soup, meat, or stew on the top of a fierce fire. When once the *slow-boiling* or simmering point has been reached, all excess of heat is wasted, and the benefit of slow cooking is lost.

CLASSIFICATION OF SOUPS.

CLEAR SOUPS. The basis of good clear soup is beef stock, with the addition of a little veal, veal bones, or necks of chickens to give it gelatinous substance. The soup is named according to its garnish.

THICK SOUPS. White, brown, fish or vegetable stock may form the basis of soups of this class, according to the soup required, or a mixture of white stock and milk, all milk, or milk and water for white soups of varying richness. They are thickened by the addition of roux, arrowroot, cornflour, flour, and other farinaceous substances. A liaison of cream and yolks of eggs is added to rich soups. Thick soups should have the consistency of cream obtained from milk which has stood 12 hours.

PURÉES. Soups of this class are thickened by the ingredients of which they are made, e.g., peas, beans and lentils, usually passed through a fine sieve.

BROTHS. The liquor in which poultry, meat, rabbit, or sheep's head has been cooked.

VEGETABLE SOUPS. Vegetable stock or milk forms the basis.

GENERAL HINTS.

VEGETABLES. It must be assumed, unless contrary directions be given, that all vegetables are of average size, but two smaller ones, or half a larger one may be used instead. To avoid repetition, they are spoken of as "prepared," meaning that the onions have been peeled, the carrots scraped, and the turnips pared. As the fibre on the outside of the turnip is very tough, it is advisable and not extravagant to take off a thick *paring.* Potatoes should be pared thinly, because the outer part contains the most nutritious part.

HERBS. A small bunch of herbs usually described as a "bouquet-garni," consists of a sprig of parsley, a bayleaf, thyme, and marjoram. Sparingly used, these herbs improve the flavour of many soups, but they are not indispensable, and one or all of them may be omitted.

The following table of equivalents will obviate the use of scales in making many of the soups.

TABLE OF EQUIVALENTS.

MEASURE.	WEIGHT.
Flour, 1 tablespoonful heaped	1 oz.
Rice, 1 tablespoonful level	1 oz.
Semolina, 1 tablespoonful level	1 oz.
Tapioca and sago, 1 tablespoonful level	1 oz.
A piece of butter or fat, the size of a small egg	1 oz.

Tumbler, ½ pint; breakfast cup, ½ pint; tea cup, ¼ pint.

STOCKS.

BONE STOCK.

Any kind of bones, cooked or uncooked, may be used to make bone stock. Put them in a small stewpan or small stock-pot, add enough water to cover well, and bring to the boil. Skim, add a peeled onion, a carrot, and a bay-leaf and simmer from 2 to 3 hours. Season to taste with salt. This stock may be used in place of water for making gravy, soups, and sauces.

BROWNING, CARAMEL, FOR STOCK.

The best way to get brown stock is to fry the meat and bones in a little fat as directed in the following recipe. Another way to colour stock or any kind of soup or sauce is to add a few drops of caramel. This is obtained by boiling ½ lb. of loaf sugar with ½ gill of water until it is a dark brown, almost black colour. Then add a gill of cold water, and boil again till it acquires the consistency of thick syrup. Put it in a bottle, cork when cold, and use as required; it will keep for any length of time.

BROWN STOCK (Economical).

INGREDIENTS.—2 lb. of raw or cooked bones, the neck, cleaned feet gizzard, and liver of a chicken, the bones and rind of ham or bacon, 1 onion sliced, 1 carrot sliced, ½ a turnip sliced, ½ a strip of celery cut into small pieces, 1 oz. of butter or sweet dripping, 6 peppercorns, 1 clove, 1 dessertspoonful of salt, and 1 quart of water to each lb. of meat and bone.

METHOD.—Clean and peel the vegetables. Make the fat hot in a large stewpan, chop or break the bones into small pieces, drain the vegetables thoroughly. Place the bones, herbs, and vegetables in the hot fat, put on the cover of the stewpan, and fry gently until the whole is quite brown, stirring and turning the ingredients occasionally to prevent anything becoming overcooked. Put in the cold water, salt, peppercorns and clove, let it come gently to the boil, and remove the scum as it rises. When clear, put on the cover and simmer gently for about 4 to 5 hours. Some of the fat used in frying will rise to the surface during the process of simmering and should be taken off with a spoon. When done, strain into a large basin, and when cold, remove the fat.

Soup made from this stock may not have a transparent brilliancy, but if gently simmered and carefully cleared it is quite good enough for ordinary purposes. Frying the bones and vegetables before adding the water greatly improve it.

TIME.—About 5 hours. QUANTITY, 1 lb. of solid material should produce 1¼ pints of stock.

FISH STOCK.

INGREDIENTS.—2 lb. of any inexpensive white fish, such as plaice or flounders (the bones and trimmings of fish will serve), 1 onion sliced, a blade of mace, a bouquet-garni (parsley, thyme, bay-leaf), 12 white peppercorns, 1 teaspoonful of salt, 2 quarts of water.

METHOD.—Put all the ingredients together into a clean stewpan, and simmer gently for about ½ an hour from the time the stock begins to cook, when all that is desirable will have been extracted. Further cooking sometimes imparts a disagreeably bitter taste to the stock. The stock should be well skimmed, strained, and put into a basin. For thick soups and sauces it is ready for immediate use, but for clear fish stock (which is very rarely used), it would be necessary to clarify it with the whites and

shell of eggs, allowing 4 to each quart of stock.

TIME.—About 1 hour. QUANTITY, about 3 pints of stock.

GRAVY STOCK.

Chop up, rather small, some bones from roast meat, fry them till brown in a pan with a little dripping; pour off all the fat, and add enough stock or water to cover the bones. Season with salt and pepper, and boil for about ½ an hour. Strain and use as required.

SECOND STOCK.

Second Stock is usually taken from the stock-pot, but the term is used to indicate any stock obtained by adding a second lot of water to meat, etc., from which the greater part of the goodness has already been extracted. Neither seasoning nor flavouring is added, as this second stock forms the basis of soups, stews and sauces which have a distinct flavour of their own.

STOCK FOR CLEAR SOUP, TO CLARIFY.

The following is a simple way by which any cloudy stock can be clarified or rendered transparent. Peel, wash, and cut up small the following prepared vegetables: ½ an onion or ½ a leek, 1 small carrot, a piece of celery or some celery leaves; put these into a clean and dry stewpan with a sprig of thyme and marjoram, a sprig or two of tarragon, chervil, 6 peppercorns, the white and shell of an egg (the egg-shell must be clean), a little lemon-juice, and a teaspoonful of vinegar. Stir this with a whisk, and add ½ to ¾ lb. of finely-chopped lean beef, moistened with a little cold water, then put in the stock (2 to 3 quarts), which should be cold and free from fat. Bring it to the boil whilst whisking, remove from the fire, and let it simmer gently for about 20 to 30 minutes. Season with salt, etc., and strain through a clean cloth.

VEGETABLE STOCK.

INGREDIENTS.—3 carrots, 2 onions, 1 turnip, 2 tomatoes, 1 stick of celery, 1 head of lettuce, a bouquet-garni (parsley, thyme, bay-leaf), a blade of mace, 12 peppercorns, 2 cloves, 3 oz. of butter, or other good fat, 2 quarts of water, 1 teaspoonful of salt.

METHOD.—Cut the onions, turnips and carrots into thin slices and the celery into small pieces. Make the butter or fat hot in a stewpan, put in the vegetables, and fry gently for about ½ an hour, keeping the stewpan covered. In the meantime shred the lettuce, and when the vegetables are sufficiently cooked, add it, together with the tomatoes (sliced), herbs, flavourings, seasonings, and water, and bring gently to the boil. Skim off the scum as it rises, then cover and simmer gently for about 1½ hours, strain, and it is ready.

TIME.—About 2 hours. QUANTITY, about 2 quarts.

WHITE STOCK (to be used in the Preparation of White Soups).

INGREDIENTS.—2 lb. knuckle of veal, any poultry trimmings, 2 slices lean ham, ½ carrot, 1 onion, ½ head celery, 6 white peppercorns, ½ oz. salt, ½ blade mace, ½ oz. butter, 2 quarts water.

METHOD.—Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with ½ a pint of water, and simmer till the gravy begins to flow. Then add 4 quarts of water with the remainder of the ingredients, and simmer for about 5 hours. Skim and strain through a very fine hair-sieve.

TIME.—About 5½ hours. QUANTITY, about 2 quarts.

Note.—When stronger stock is desired, double the quantity of veal, or put in the remains of a fowl. The liquor in which a young turkey has been boiled is an excellent addition to all white stocks or soups.

SOUPS.

ARTICHOKE SOUP.

INGREDIENTS.—1½ pints of white second stock or water, ½ a pint of milk, 1 lb. of Jerusalem artichokes, 1 onion, ½ a strip of celery, ½ oz. of butter or good cooking fat, pepper and salt.

METHOD.—Wash the artichokes, put a tablespoonful of vinegar into a basin of water and keep the artichokes in it as much as possible while paring them, to preserve their whiteness. Cut the onion, celery and artichokes into slices, make the butter or fat hot in a stewpan, fry the vegetables for about 10 or 15 minutes without browning; then pour in the stock and boil until tender. Rub through a fine sieve, return to the saucepan, add the milk and seasoning, bring to the boil, and serve.

TIME.—About 1½ hours. SEASONABLE from October to February. SUFFICIENT for 4 or 5 persons.

Note.—When a thicker soup is desired a dessertspoonful of cornflour or flour should be blended with a little milk or stock, and added to the soup a few minutes before serving.

ASPARAGUS SOUP.

INGREDIENTS.—1½ pints of white second stock or water, ½ a pint of milk, 25 heads of asparagus, ½ lb. of spinach, ½ oz. of butter or good fat, ½ oz. of flour, 1 tablespoonful of cream or milk, salt and pepper.

METHOD.—Cut off the points of the asparagus and put them aside, trim the stalks and cut them into small pieces; wash and pick the spinach. Put the stock or water into a stewpan; and when it boils add the asparagus and spinach, and cook until tender (about 40 minutes); then rub through a fine sieve. Have ready a small saucepan of boiling water, put in a little salt and the asparagus points, and cook for about 10 or 15 minutes. Melt the butter or fat in the stewpan, sprinkle in the flour, add the milk and stir until it boils, then put in the stock and purée of asparagus and spinach, salt and pepper to taste, and simmer gently for about 10 minutes. Place the asparagus points into the tureen, add the cream or milk and necessary seasoning to the soup, and serve as quickly as possible.

TIME.—From 1 to 1½ hours. SEASONABLE from March to July. SUFFICIENT for 4 or 5 persons.

BARLEY SOUP.

INGREDIENTS.—1 pint of white second stock, 1 pint of milk, 1 dessertspoonful of flour, 1 oz. of butter, salt and pepper, croûtons of fried or toasted bread, 2 tablespoonfuls of finely-crushed barley, sold in packets under the name of "Crème d'Orge."

METHOD.—Boil the stock and milk together in a saucepan, melt the butter, stir in the flour, add the stock and milk, and stir until it boils. Sprinkle in the barley, stir, and cook until the mixture becomes transparent (about 10 minutes). Season to taste, and serve. The croûtons (small slices of bread cut into shapes) should be either fried in hot fat or cut from thin slices of toast. They should be handed separately, unless directions are given to put them into the soup before serving.

TIME.—From 20 to 30 minutes. SUFFICIENT for 4 persons.

Note.—Rice and tapioca, finely-crushed and ground, may also be bought in packets, and will be found useful preparations for soups of this class. When not easily obtainable, ground rice or semolina will be found good substitutes. This class of soup can be made richer by omitting the flour and butter, and in their place using the yolks of 2 eggs, and 2 tablespoonfuls of cream, which should be added to the soup a few minutes before serving.

BEEF BROTH.

INGREDIENTS.—3 pints of good brown stock, ½ a carrot, ½ a turnip, ¼ of a cabbage, 1 oz. of butter or good cooking fat, ½ a dinner roll, parsley or chives, pepper, salt, and nutmeg to season.

METHOD.—The stock should be made from beef and veal bones, well skimmed, but not necessarily clarified. The vegetables, after being washed and pared, may be cooked whole in the stock-pot. Cut the carrot and turnip into round slices, drain the cabbage and cut it into small pieces. Put all the vegetables in a stewpan with the butter or fat, cover, and cook slowly for about 10 minutes. Season with pepper, salt, and a little grated nutmeg. Strain the stock on to the vegetables, let them simmer for about 30 minutes, and skim occasionally. Cut the roll into thin round slices, place them on a baking sheet, bake them on both sides a golden brown in a moderate oven, put them in a soup tureen, moisten with a little stock, pour the soup over, sprinkle over with a little chopped parsley or chives, and serve hot.

TIME.—About 45 minutes. SUFFICIENT for 4 or 5 persons.

BEEF, SHIN OF, SOUP.

INGREDIENTS.—1 lb. of shin of beef, 2 quarts of water, 1 oz. of butter or dripping, ½ oz. of flour, ½ onion sliced, ½ a carrot sliced, ¼ of a small turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 3 peppercorns, salt.

METHOD.—Heat the butter or dripping in a saucepan, put in the prepared onion, carrot, and turnip, and fry them brown. Add the water, the meat cut into small pieces, the bouquet-garni, peppercorns, and a little salt, and simmer gently for 3 or 4 hours. Strain, skim well, reheat, and stir in the flour previously mixed with a little cold water. Boil gently for about 5 or 6 minutes, then serve garnished with a little cooked vegetable, macaroni, or other farinaceous substance.

TIME.—From 3½ to 4½ hours. SUFFICIENT for 5 or 6 persons.

BONE SOUP.

INGREDIENTS.—1½ lb. of bones, cooked or uncooked, 1 carrot, 1 onion, ½ a turnip, ½ a strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 clove, 1 tablespoonful of fine sago, crushed tapioca, or semolina, 1 oz. of fat, salt, 3 pints of water.

METHOD.—Break the bones into small pieces, and fry them in the hot fat until well browned. Put in the water and a teaspoonful of salt, bring to the boil and skim well. Add the prepared vegetables (cut into thick slices), herbs, peppercorns, and cloves, and cook gently for about 5 hours, skimming occasionally. Strain, return to the saucepan, season to taste, and when the soup boils sprinkle in the sago, or whatever farinaceous substance is used, simmer for about 10 minutes longer to cook the sago, then serve.

TIME.—About 6 hours. SUFFICIENT for 4 or 5 persons.

Note.—The stock of this soup could be made the day before the soup is wanted, and the sago sprinkled in when re-heated.

BREAD SOUP.

INGREDIENTS.—3 pints of stock broth, or pot-liquor, ½ a lb. of bread-crusts, salt and pepper.

METHOD.—Break the bread into small pieces, and place them in a basin. Boil up the stock, pour sufficient over the bread to cover it, let it remain closely covered until the bread is quite soft, then beat out the lumps with a fork. Add the bread thus prepared to the remainder of the stock, boil up, simmer gently for about 10 or 15 minutes, then season to taste, and serve.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

CABBAGE SOUP.

INGREDIENTS.—1 small young cabbage (finely-shredded), 1 dessertspoonful of finely-chopped onion, ½ a teaspoonful of finely-chopped parsley, 1½ pints of boiling water, ½ a pint of milk, 1 tablespoonful of crushed tapioca (sold in packets, *see also* recipe for Barley Soup and note on page 69) or fine sago, ½ a teaspoonful of salt, a good pinch of pepper, ½ an oz. of butter or good cooking fat.

METHOD.—Cover the shredded cabbage with boiling water, bring to the boil and strain. Return the cabbage to the saucepan, add the boiling water, the milk, onion, parsley, butter or fat, salt and pepper, and boil gently for about 15 minutes. Sprinkle in the tapioca and cook for about 10 minutes longer, or until the tapioca becomes transparent, then serve hot as quickly as possible.

TIME.—About ½ an hour. SUFFICIENT for 4 persons.

CARROT SOUP.

INGREDIENTS.—1½ pints of second stock or water, ½ a pint of milk, 3 carrots, ½ of a turnip, ½ onion, 1 strip of celery, ½ oz. of butter or dripping, 1 dessertspoonful of flour, salt and pepper.

METHOD.—Prepare the vegetables, cut them into small pieces, and fry without browning for about 15 minutes in the hot fat. Add the stock and simmer until the vegetables are tender (not less than 40 minutes, and longer if the vegetables are old), then rub through a fine sieve. Return to the saucepan, add the milk, salt and pepper, and bring to the boil. Mix the flour with a little milk or water, pour it into the soup, stir and boil for about 10 minutes, and serve nice and hot. Croûtons or small pieces of fried or toasted bread should be served separately.

TIME.—From 1 to 1½ hours. SEASONABLE at any time. SUFFICIENT for 4 or 5 persons.

CAULIFLOWER SOUP.

INGREDIENTS.—1 small cauliflower, ½ oz. of ground rice (crème de riz), ½ a gill of cream, 1 pint of white stock, 1 oz. of crushed tapioca, ½ of an oz. of castor sugar, nutmeg, ½ a pint of milk, salt and pepper.

METHOD.—Wash and trim the cauliflower, cook it in salted water till tender, drain (keep the water) and rub the flower through a fine sieve. Bring the water in which the cauliflower has been cooked to the boil, stir in the crushed tapioca, and simmer for about 20 minutes. Mix the ground rice, with a little cold milk, boil up the remainder of the milk with the stock, stir in the ground rice, and cook for a few minutes, stirring all the while; add the cauliflower water, season with salt, pepper, sugar and grated nutmeg to taste, bring it to the boil, put in the cream, and stir a little longer, but do not let it boil again. The soup is now ready for serving.

TIME.—About 1 hour. SEASONABLE from June to November. SUFFICIENT for 3 or 4 persons.

CELERY CREAM SOUP.

INGREDIENTS.—1½ heads of celery, 1½ oz. of butter or other good fat, 1½ oz. of flour, 3 pints of white stock, ½ a pint of milk, ½ gill of cream, salt, pepper, and nutmeg, ½ of a teaspoonful of castor sugar, croûtons or fried bread.

METHOD.—Trim the celery, pare off the green parts and wash thoroughly, cut it into small pieces, and blanch in slightly salted water. Drain well, and return to the stewpan with 1 oz. of butter or fat. Cook for a few minutes over a brisk fire without allowing the ingredients to brown, moisten with a little stock, add salt, pepper, and nutmeg to taste, cover, and simmer slowly for about 30 minutes. Mix the flour with the remainder of the butter or fat in another stewpan, and cook a little without browning.

Dilute with the milk, add the stock and partly-cooked celery, simmer until the celery is tender, then pass the whole through a fine sieve. Boil again, skim, add the sugar and more seasoning if needed, and lastly the cream. Re-heat without allowing it to boil, and pour into a soup tureen. Hand fried bread croûtons separately.

TIME.—About 1½ hours. SEASONABLE from September to February. SUFFICIENT for 5 or 6 persons.

CELERY SOUP (Economical).

INGREDIENTS.—1½ pints of water, ½ a pint milk, 1 oz. of lean bacon or ham, ½ oz. of butter or good fat, ½ of a tablespoonful of flour, 1 small head of celery, 1 onion, salt and pepper.

METHOD.—Cut the ham into dice or cubes, slice the onions and celery. Melt the butter or fat in a stewpan, fry the vegetables without browning, put in the bacon, salt, pepper, and water, and simmer for 30 or 40 minutes, or until the celery is tender. Strain, rub through a fine sieve, return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk, stir and boil gently for about 5 or 6 minutes, then season to taste and serve.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

CHICKEN BROTH.

INGREDIENTS.—1 small old fowl, 2 quarts of cold water, 1 small onion, 1 teaspoonful of finely-chopped parsley, 1 blade of mace, 1 tablespoonful of rice (this may be omitted), salt and pepper.

METHOD.—Cut the chicken into small pieces, break the bones, scald and skin the feet, then wash the neck, gizzard, and liver. Put these into a stew pan, add the water and ½ a teaspoonful of salt, bring to the boil, and skim. Add the onion and mace, and cook slowly for about 3 hours. Strain, return to the stewpan, bring to the boil, sprinkle in the rice, and simmer for about 20 minutes. Add the parsley, season to taste, and serve.

TIME.—From 3½ to 4 hours. SUFFICIENT for 5 or 6 persons.

CLEAR JULIENNE SOUP.

INGREDIENTS.—3 pints of clear soup, 1 carrot, 1 onion, ½ a turnip, a strip of celery, pepper and salt, ½ oz. of butter or good fat.

METHOD.—Prepare the vegetables and cut them into fine strips like small matches, melt the butter or fat in a small saucepan, put in the strips of vegetables with a little salt and pepper, and fry gently for a few minutes, shaking frequently to prevent browning. Drain well to free them from fat, add them to the hot soup, and simmer gently for about 15 or 20 minutes; keeping the soup well skimmed.

TIME.—To prepare and cook the vegetables, about 40 minutes. SUFFICIENT for 6 persons.

Note.—A tablespoonful of cooked green peas, and the same quantity of cooked French beans cut in narrow strips, may be added to the other vegetables. Instead of frying them, they (the turnip, carrot, onion, celery) may be parboiled in salt and water, and afterwards simmered until tender in the stock.

CLEAR MOCK TURTLE SOUP.

INGREDIENTS.—¼ of a calf's head, 3 quarts of clear second stock (or water), 1 onion, 1 carrot, ½ a turnip, ½ a strip of celery, bouquet-garni (parsley, basil, marjoram, thyme, bay-leaf), 6 peppercorns, 2 cloves, 1 blade of mace, 1 small glass of sherry (optional), 1 dessertspoonful of lemon-juice, ½ lb. of lean beef, ½ lb. of lean veal, the white and shell of 1 egg, salt.

METHOD.—Soak the head for about 24 hours in salt and water, changing it frequently. Then bone the head (the brains and tongue may be used for some other purpose), tie the meat in a thin cloth and break the bones into small pieces; put them into a stewpan, cover with cold water, add a

dessertspoonful of salt, let it boil up, strain, and rinse in cold water. Return the meat and bones to the stewpan, put in the stock and a teaspoonful of salt, boil up, and skim well. Now add the prepared vegetables, herbs, peppercorns, cloves, and mace, and when boiling, remove the scum, put on the cover and cook slowly for about 3 hours, according to the size of the head. Strain, put the meat aside, and when the stock is cold remove the fat, and clarify with the coarsely-chopped beef and veal, and egg. (*See* **Stock for Clear Soup, to Clarify.**) Return to the saucepan with the sherry (if used), the lemon-juice, and a little of the meat of the head cut into small pieces. Add necessary seasoning, boil up and serve.

This recipe may be thickened with a dessertspoonful of arrowroot when a thicker soup is required.

The remainder of the calf's head can be used for an entrée.

TIME.—To prepare the stock, from 3½ to 4 hours. To clarify and reheat the stock, from 40 to 60 minutes. SUFFICIENT for 7 or 8 persons.

Note.—A more economical Mock Turtle Soup can be made from calf's feet in place of calf's head.

CLEAR MULLIGATAWNY.

INGREDIENTS.—3 pints of ordinary stock, 1 onion sliced, 1 small apple sliced, 1 dessertspoonful of mild curry-powder, a teaspoonful of salt, the white and shell of 1 egg, the juice of ½ a lemon.

METHOD.—Put the stock, onion, apple, curry-powder (previously mixed smoothly with a little cold water), and salt into a well-tinned stewpan, put on the cover and simmer gently for about 1 hour, then strain. When cold, add the egg-shell crushed and the white stiffly-whisked, let the soup boil up again and simmer for a few minutes, then strain, reheat, add the lemon-juice and any necessary seasoning, and serve with boiled rice handed round separately or put in the soup.

When convenient, a little cooked chicken should also be served, cut into dice or cubes, and warmed in the soup a few minutes before serving.

TIME.—To make the soup, from 1¼ to 1½ hours. To clear and reheat, 30 to 40 minutes. SUFFICIENT for 4 or 5 persons.

CLEAR OX-TAIL SOUP.

INGREDIENTS.—1 small ox-tail, ½ a carrot, ½ of a turnip, ½ an onion, ½ a strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 3 peppercorns, 1 clove, ½ a blade of mace, 2 quarts of CLEAR ordinary stock, salt, the white and shell of 1 egg.

METHOD.—Cut the tail into short lengths, cover with cold water, add a little salt, bring to the boil and strain. Return to the saucepan with the vegetables, flavourings, and seasonings, simmer gently for about 4 hours, keeping the stewpan covered, strain, put the meat aside, and when the stock is cold remove the fat. Clarify with the white and shell of the egg, strain, reheat, and serve garnished with pieces of the tail, and a little carrot and turnip cooked and cut into some fancy shape. A glass of sherry is sometimes added when reheating, also a tablespoonful of arrowroot previously mixed smoothly with a little stock, when a slightly thickened "clear" soup is desired.

TIME.—To make the soup, from 4 to 4½ hours. To clarify and reheat, 30 to 40 minutes. SUFFICIENT for 6 persons.

Note.—The larger pieces of tail shou'd be reheated in brown sauce, or a good curry sauce, and served as a dish for luncheon.

CLEAR SOUP.

INGREDIENTS.—3 pints of brown stock, ½ lb. of neck of beef (lean) finely-chopped, or passed two or

three times through the mincing machine, the whites and shells of 2 eggs, 1 small carrot cut in two or three pieces, 1 small onion (left whole), ½ a strip of celery, 6 peppercorns, 3 allspice, 1 clove, salt.

METHOD.—The stock should be cold and quite free from fat. Put it into a clean well-tinned stew-pan, add the vegetables, flavourings, seasonings, the shells of the eggs crushed, and the whites stiffly-whisked, and whisk all together over a gentle fire until just on boiling point, then let it simmer about ½ an hour. Strain through a clean, dry cloth, reheat and season to taste before serving. Half a glass of sherry, a teaspoonful of French vinegar or lemon-juice, and a small pinch of castor sugar, may be added when reheating the soup if liked.

TIME.—About 1 hour. SUFFICIENT for 5 persons.

COTTAGE SOUP.

INGREDIENTS.—1 lb. of lean neck of beef, 2 oz. of streaky bacon, ½ an onion, ½ a carrot, a small piece of turnip, 1 lb. of potatoes, 1 oz. of dripping, 1 dessertspoonful of rice, salt, pepper, and 3 pints of water.

METHOD.—Cut the meat into thin slices, the bacon into dice or cubes, and the soup vegetables into thin slices. Melt the fat in a stew-pan, fry the bacon, meat, and onion until nicely browned, then add the sliced vegetables, the water, salt and pepper, cover closely and simmer for about 1 hour. Meanwhile the potatoes should have been prepared, and if very large, cut in two. Add them to the soup, and when they have been cooking about ½ an hour sprinkle in the rice. Cook gently for about another ½ hour (2 hours altogether), and if the potatoes and rice are tender, season the soup to taste and serve.

TIME.—About 2½ hours. SUFFICIENT for 4 or 5 persons.

COW-HEEL SOUP.

INGREDIENTS.—1 cow-heel, 3 pints of water, 1 onion, 1 carrot, 1 strip of celery, 1 tablespoonful of sago or crushed tapioca, chopped parsley, lemon-juice, salt, pepper, grated nutmeg.

METHOD.—Clean and scald one cow-heel, divide into 4 parts and put them in a stewpan with the cold water. Add a good pinch of salt, boil up, skim, and add soup, vegetables (onion, carrot, and celery). Let these simmer gently for about 3 hours or longer, then strain and season. Remove some of the meat from the bones and cut it into very small pieces; put these with the broth, let it boil, and stir in a tablespoonful of sago or crushed tapioca. Boil for about another 25 minutes, then serve, adding a little chopped parsley and lemon-juice just before sending it to table. This soup, when well made, is both good and nourishing.

TIME.—From 3 to 4 hours. SUFFICIENT for 4 persons.

Note.—Sago or crushed tapioca is sold in packets. *See also* note under recipe for Barley Soup, page 69.

CUSTARD FOR CLEAR SOUP.

INGREDIENTS.—1 whole egg, 1 yolk of egg, 1 gill of white stock, salt and pepper.

METHOD.—Beat up the egg and the yolk of egg in a basin, add the stock, and season with salt and pepper and a little grated nutmeg. Strain this into a well-buttered plain tin mould; stand it in a stewpan containing a little boiling water, cover the mould with a greased paper, and let it poach in a moderately heated oven for about 20 minutes. When done, take out the mould and put in a cool place. Turn out when cold, and cut the custard into dice, cubes or other fanciful shapes (known as Royal). Use for garnish in clear or thick soups.

TIME—20 to 30 minutes. SUFFICIENT for 1½ to 2 quarts of soup.

EEL SOUP.

INGREDIENTS.—1 medium-sized onion, 1 oz. of dripping or butter, 1 skinned eel, 3 pints of stock or water, 1 tablespoonful of crushed tapioca or sago, salt, pepper, chopped parsley.

METHOD.—Peel and slice the onion, and fry it in hot fat till pale brown, but not burnt. Cut up a skinned eel, put it into the pan containing the fried onion, add 3 pints of stock or water, boil, skim, and simmer gently for about 1 hour. Twenty minutes before serving, strain, replace in the stewpan, sprinkle in the tapioca or sago into the boiling liquid and season with salt and pepper. Serve with a little chopped parsley, put in at the last moment.

TIME.—From 1 to 1½ hours. SEASONABLE from September to May. SUFFICIENT for 6 persons.

FAVOURITE BROTH.

INGREDIENTS.—1 small tablespoonful of sago, 1 teaspoonful of good meat or vegetable extract, yolk of an egg (optional), boiling water, pepper and salt.

METHOD.—Boil the sago in a very little water till clear. Dissolve the meat or vegetable extract in a cup of boiling water. Strain the cooked sago into the made broth, season to taste and, if liked, stir in the yolk of an egg.

TIME.—About 10 minutes. SUFFICIENT for 1 person.

FISH SOUP.

INGREDIENTS.—½ lb. of whiting, plaice, cod, or other white fish, 1½ pints of water, 1 gill of milk, ¼ gill of cream, ½ oz. of butter or good fat, ½ oz. of flour, 1 yolk of egg, 1 or 2 slices of carrot, ¼ of a very small onion, 1 or 2 sprigs of parsley, ¼ of a very small blade of mace, ½ of a teaspoonful of lemon-juice, salt and pepper.

METHOD.—Cut the fish and its bones into small pieces, place it in a stewpan with the water, carrot, onion, parsley, mace, and a little salt, simmer gently for about 20 minutes, then strain. Melt the butter or fat in a stewpan, stir in the flour, add the stock and milk, bring to the boil, stirring meanwhile, and simmer for a few minutes. Beat the yolk of egg and cream together, strain them into the soup, stir by the side of the fire for a few minutes, but do not allow the soup to boil, or the eggs may curdle. Add the lemon-juice, season to taste, and serve.

TIME.—About 35 minutes. SUFFICIENT for 4 persons.

GIBLET SOUP.

INGREDIENTS.—The giblets of a goose, turkey, ducks, or chickens; to 1 set allow ½ lb. of lean beef and 3 pints of stock or 2½ pints of water, ½ a carrot, 1 small onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter or good fat, 1 dessertspoonful of flour, ½ a glass of sherry (optional), salt, pepper, 1 tablespoonful of macaroni cooked and cut across into tiny rings.

METHOD.—Skin the gizzard, scald and skin the feet, wash the neck and liver, dry and cut into small pieces. Melt the butter or fat and fry the giblets, meat, and sliced vegetables until brown, then add the stock, herbs, salt and pepper, and when boiling skim well. Cook gently for about 2 hours, then strain and return to the stewpan. When boiling add the sherry (if used), and mix the flour smoothly together with a little water, add to the soup and boil for about 5 minutes. Then add the macaroni and any necessary seasoning, simmer for a few minutes longer, and serve.

TIME.—From 2½ to 3 hours. SUFFICIENT for 5 or 6 persons.

GRAVY SOUP.

INGREDIENTS.—3 pints of second stock or gravy stock, 1 lb. of neck or shin of beef (lean), 1 carrot, 1

onion, ½ a turnip, 1 strip of celery, bouquet-garni (parsley, thyme, bay-leaf), 8 peppercorns, 2 cloves, 1 oz. of butter or good fat, 1 oz. of flour, salt and pepper.

METHOD.—Cut the meat into small pieces. Make the butter or fat hot in the stewpan, put in the meat and sliced vegetables, and fry until brown. Add the stock, herbs, peppercorns, cloves, and seasoning, and cook very gently for about 2½ hours, strain, return to the saucepan, boil up, mix the flour smoothly with a little cold stock, pour it into the soup, simmer for a few minutes longer, add seasoning to taste, and serve.

TIME.—About 3½ hours. SUFFICIENT for 4 or 5 persons.

GREEN PEA SOUP.

INGREDIENTS.—2 pints of white stock, ½ pint of water, 1 quart of peas (shelled), a handful of spinach (to improve the colour), a little mint, 2 oz. of butter, 1 dessert-spoonful of flour, salt and pepper.

METHOD.—Melt 1 oz. of butter in a stewpan, put in the peas, spinach, and mint, put on the cover, and let them steam in the butter for about 15 or 20 minutes. Add the stock and water, and some of the pea-shells if young and soft (they should, of course, be first washed in cold water), boil quickly until tender, strain and rub the vegetables through a fine sieve. Melt the remainder of the butter in the stewpan, sprinkle in the flour, add the soup, and stir until boiling. Season to taste, and serve with croûtons of fried bread. If preferred, a few cooked green peas and a little cream may be added to the soup.

TIME.—From 1½ to 1¾ hours. SEASONABLE from June to September. SUFFICIENT for 6 persons.

HARE SOUP.

INGREDIENTS.—2 quarts of second stock, the bones and inferior parts of a hare, 1 oz. of butter or good fat, 1 dessertspoonful of cornflour, ½ a small onion, ½ a small carrot, ½ of a small turnip, ½ a strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 glass of port wine, salt.

METHOD.—Melt the butter or fat in a stewpan, put in the bones, etc., of the hare, the vegetables sliced, and the herbs, and fry until brown. Add the stock, salt, and peppercorns, and simmer gently for about 3 hours. Strain, pound the meat well in a mortar. Rub it through a fine sieve, then return it and the stock to the stewpan, and when boiling add the wine and the cornflour, previously mixed smoothly together. Stir and cook for a few minutes, season to taste, and serve.

TIME.—About 4 hours. SEASONABLE from August to March. SUFFICIENT for 6 persons.

HOTCH POTCH.

INGREDIENTS.—3 pints of water, 1 lb. of neck of mutton, 1 small onion, 1 small carrot, ½ a small turnip, ½ pint of shelled peas, ½ a small cauliflower, ½ a good lettuce, ½ a teaspoonful of chopped parsley, salt and pepper.

METHOD.—Cut the meat into neat pieces, put it into a stewpan with a teaspoonful of salt and the cold water, bring slowly to the boil, and skim well. Meanwhile, shred the lettuce finely (taking care to shorten the filaments by cutting them across), cut off the stalk of the cauliflower, and break the flower into small sprigs, cut the turnip, carrot, and onion into dice or cubes. Let the meat simmer gently for about 1 hour, then put in the onion, carrot, and lettuce; about half an hour afterwards add the turnip, peas, and cauliflower, and cook slowly for about 1 hour, or until all the vegetables are tender; then add the chopped parsley, season to taste, and serve.

TIME.—About 3 hours. SEASONABLE in summer. SUFFICIENT for 4 or 5 persons.

KIDNEY SOUP.

INGREDIENTS.—3 pints of second stock or water, ½ lb. of ox kidney, ½ lb. of shin of beef, 1 oz. of butter or good fat, 1 oz. of flour, 1 tablespoonful of coarsely-chopped onion, 1 dessertspoonful of chopped parsley, salt and pepper.

METHOD.—Cut the meat and kidney into very small pieces. Melt the butter or fat in a stewpan, and fry the meat, kidney, parsley, and onion until brown. Put in the stock or water, salt and pepper, bring to the boil, skim well, then cover and simmer gently for about 3 hours. Strain, pound the meat if convenient; if not, rub as much as possible of it through a wire sieve. Return the soup to the saucepan, and when boiling add the purée of meat, and the flour (previously mixed smoothly with a little water), simmer for a few minutes, and serve. If preferred, the soup may be garnished with a little carrot and turnip, cooked and cut into some small fancy shape, or with small pieces of cooked kidney.

TIME.—From 4 to 4½ hours. SUFFICIENT for 4 persons.

LEEK SOUP.

INGREDIENTS.—3 pints of sheep's head broth (*see* that recipe), 3 leeks finely-shredded, 1 good dessertspoonful of medium or coarse oatmeal, salt and pepper.

METHOD.—Make the broth as directed, then strain and replace it in the saucepan. Bring to the boil, sprinkle in the oatmeal, add the prepared leeks, and boil gently until quite tender. Season to taste, and serve.

TIME.—From ½ to 1 hour. SEASONABLE in winter. SUFFICIENT for 4 or 5 persons.

LENTIL SOUP (Good).

INGREDIENTS.—1 quart of second stock or water, ½ a pint of milk, ½ a pint of brown lentils, ½ an onion, ½ a carrot, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), ½ oz. of butter or good fat, 1 dessertspoonful of flour, salt and pepper, 1 tablespoonful of cream (optional).

METHOD.—Wash the lentils, soak them for about 24 hours, and when ready to use drain well. Melt the butter or fat in a stewpan, put in the vegetables, sliced herbs, and lentils, cover closely, and let them steam in the butter for about 15 or 20 minutes. Add the stock, salt and pepper, and cook gently for about 2 hours, or until tender, then rub through a fine sieve. Return to the saucepan, add the milk and bring to the boil. Mix the flour with a little milk or stock, add it to the soup, stir and simmer for a few minutes. Season to taste, add the cream (if used), and serve. Croûtons of fried or toasted bread should be handed separately.

TIME.—From 2½ to 3 hours. SUFFICIENT for 4 persons.

MILK SOUP.

INGREDIENTS.—2 pints of boiling milk, 1½ oz. of butter, ½ oz. of flour, ½ a small white cabbage finely-shredded, salt and pepper.

METHOD.—Heat the butter in an enamelled or well-lined saucepan, add the cabbage, and let it cook gently for about 15 or 20 minutes. Now add the boiling milk, simmer gently for about 10 minutes, then stir in the flour, which must previously have been smoothly blended with a little cold water. Stir and boil gently for a few minutes, then season to taste, and serve.

TIME.—About 40 minutes. SUFFICIENT for 3 or 4 persons.

MULLIGATAWNY SOUP.

INGREDIENTS.—3 pints of water, 1 lb. of pieces of mutton (tinned mutton may be used), 1 onion, 1 carrot, 1 apple, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of flour, 1 dessertspoonful of curry-powder, the juice of ½ of a lemon, salt to taste.

METHOD.—Remove the fat from the mutton and melt it in the saucepan. Have the apple and vegetables ready sliced, and when there is sufficient liquid fat to fry them, take out the pieces of fat, put in the vegetables, and cook them for about 15 minutes. Sprinkle in the flour and curry-powder, fry for a few minutes, then add the meat in small pieces, ½ a teaspoonful of salt, the herbs and water. When boiling, remove the scum as it rises, then cover and cook gently for about 3 hours. Strain, rub the meat through a wire sieve, and return to the saucepan. Re-heat, add the lemon-juice, season to taste, and serve. Well-cooked rice should be handed round with this soup.

TIME.—From 4 to 4½ hours. SUFFICIENT for 4 persons.

Note.—The bones and remains of any kind of meat or poultry may be used instead of mutton. The soup would take its name from the materials employed as Ox-tail Soup (Indian Style), Rabbit Purée (Indian Style).

MUTTON BROTH.

INGREDIENTS.—1 quart of cold water, 1 lb. scrag end of neck of mutton, 1 small carrot, ½ a turnip, 1 onion, 1 strip of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of rice or pearl-barley, salt and pepper.

METHOD.—Remove all the fat and cut the meat into small pieces. Put the water into a stewpan, add the meat, bones, and a little salt, bring slowly to the boil, and skim well. If pearl-barley is used, blanch it by putting it into cold water and bringing to the boil. Cut the vegetables into rather small dice or cubes, and add them to the broth when it has cooked for about 1 hour; add also the pearl-barley. When the broth has simmered gently for about 3 hours, strain and return to the saucepan. Carefully remove any fragments of bone from the meat, vegetables and pearl-barley, and return. When boiling, sprinkle in the parsley. Season to taste, and serve hot.

TIME.—From 3 to 3½ hours. SUFFICIENT for 4 or 5 persons.

ONION SOUP.

INGREDIENTS.—2 pints of white stock, ½ a pint of milk, 2 small Spanish onions, 2 small potatoes, ½ a strip of celery, ½ oz. of butter or good fat, ½ oz. of flour, salt and pepper.

METHOD.—Peel and slice the vegetables. Make the butter or fat hot in a stewpan, and cook the vegetables in it for about 15 minutes, but VERY SLOWLY, and stirring frequently to prevent them taking any colour. Add the stock and simmer gently until tender (about 1 hour), then rub through a fine sieve. Return to the stewpan, put in the milk and bring to the boil. Mix the flour smoothly with a little milk, pour it into the soup, stir and simmer for a few minutes, then season to taste, and serve.

TIME.—From 1½ to 2 hours. SEASONABLE in winter. SUFFICIENT for 3 or 4 persons.

OX-CHEEK SOUP.

INGREDIENTS.—3 quarts of water, ½ an ox-cheek, 1 onion, 1 carrot, ½ a turnip, ½ a strip of celery, a bouquet-garni (parsley, thyme, basil, marjoram, bay-leaf), 6 peppercorns, 2 cloves, 1 blade of mace, 1 oz. of butter or good fat, 1 oz. of flour.

METHOD.—Soak the cheek in salt and warm water for about 5 or 6 hours, changing it two or three times. Prepare the vegetables and cut them into thick slices, melt the butter or fat in a large stewpan, add the vegetables to it, and fry until brown. Well wash the ox-cheek, break the bones into small pieces, and put them into the stewpan; also put in the herbs, seasonings, meat, and water. Bring slowly to the boil, skim well, put on the cover and simmer gently for about 3 hours or according to

the size of the cheek; strain, return the soup to the saucepan, and bring to the boil. Mix the flour smoothly with a little cold water or stock, pour it into the soup, stir and simmer for a few minutes. Cut the smaller pieces of meat into dice and add them to the soup, also cut a few dice of cooked celery and carrot. Season to taste, and serve.

TIME.—About 4 hours. SUFFICIENT for 6 persons.

OX-TAIL SOUP.

INGREDIENTS.—1 small ox-tail, 3 pints of second stock or water, 1 onion, 1 carrot, ½ a turnip, 1 strip of celery, 1 oz. of butter or good fat, 1 oz. of lean ham or bacon (cut into dice or cubes), a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 clove, salt, ½ a glass of sherry (optional), 1 dessertspoonful of cornflour.

METHOD.—Cut the tail into small joints, put it into a stewpan, cover with cold water, boil up and strain. Dry the pieces of ox-tail, roll them in flour, put them with the ham and sliced vegetables and butter or fat into the stewpan, and fry until brown. Then add the stock, herbs, peppercorns, cloves, and salt, boil and skim well. Put on the lid and cook very gently for about 4 hours. Strain, remove the fat, return to the stewpan, and when the soup boils add the sherry (if used), and cornflour smoothly mixed together, stir and cook for a few minutes. Serve the smaller pieces of the tail in the soup, the remainder may be reheated in a good brown sauce, and served as an entrée.

TIME.—From 5½ to 6 hours. SUFFICIENT for 4 persons.

PARSNIP SOUP.

INGREDIENTS.—1½ pints of second stock, ½ pint of milk, 2 parsnips, ½ an onion, 1 strip of celery, ½ oz. of butter or good fat, the juice of ½ a lemon, or 1 dessertspoonful of vinegar, 1 teaspoonful of flour, salt and pepper.

METHOD.—Slice the vegetables, and fry them in the butter or fat without browning, for about 15 minutes. Add the stock, and simmer until the parsnips are tender (about 40 minutes), then rub through a wire sieve. Return to the stewpan, add the milk, salt and pepper, and bring to the boil. Mix the flour with a little milk or water, pour it into the soup, stir and cook for a few minutes. Add the lemon-juice and serve with croûtons of fried or toasted bread. The lemon-juice is added to correct the sweetness of the parsnips, and is simply a matter of taste.

TIME.—From 1½ to 1¾ hours. SEASONABLE from October to April. SUFFICIENT for 4 persons.

PEA SOUP.

INGREDIENTS.—3 pints of stock or water (if water is used, ham or beef bones, either cooked or uncooked, will improve the soup), ½ a pint of dried split peas, 1 onion, 1 carrot, ½ a small turnip, 1 strip of celery, 1 teaspoonful of dried mint, salt and pepper, ½ oz. of flour.

METHOD.—Wash the peas and soak them for about 12 hours in water. Put them into a stewpan with the bones (if any) and the stock, and bring to the boil. Slice the vegetables and add them to the stock when it boils, and simmer for about 3 hours. Then rub through a wire sieve, return to the saucepan, add the flour mixed smoothly with a little water, and boil. When the purée is thoroughly incorporated with the soup, season to taste, and serve. The dried mint should be placed in the tureen and the soup poured on to it.

TIME.—From 3½ to 4 hours. SUFFICIENT for 4 persons.

Note.—When making pea soup in large quantities, the process of rubbing the vegetables through the sieve is omitted, and the turnips, carrots, etc., are cut into small pieces and added to the soup about 1 hour before serving.

POTATO SOUP.

INGREDIENTS.—1 quart of white second stock or water, ½ pint of milk, 1 lb. of potatoes, 1 onion, 1 strip of celery, 1 oz. of butter or good fat, 1 tablespoonful of fine sago or crushed tapioca, salt and pepper.

METHOD.—Slice the potatoes, onion, and celery. Make the butter or fat hot in a stewpan, add the vegetables, fry and cook until the fat is absorbed, stirring frequently to prevent them browning. Add the stock, and simmer until the vegetables are tender (about 1 hour). Rub through a fine sieve; return to the saucepan, add the milk, and bring to the boil. Sprinkle in the sago, cook until transparent, add seasoning to taste, and serve.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

Note.—Sago or crushed tapioca is sold in packets. *See also* note under Barley Soup, page 69.

POT-AU-FEU (French Family Soup).

INGREDIENTS.—2 lb. of brisket of beef, ½ a small cabbage, 1 leek, 1 small onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), ½ a dessertspoonful of chopped parsley, 2 cloves, 6 peppercorns, ½ a tablespoonful of salt, ¼ lb. of French bread, 3½ quarts of cold water.

METHOD.—Put the meat and water into a stock-pot or boiling pot, let it come gently to boiling point, and skim well. Wash and clean the vegetables, stick the cloves in the onion, tie up the cabbage and leek, and put all in with the meat. Add the carrot cut into large pieces, the bouquet-garni, peppercorns, and salt, and let the whole simmer gently for about 4 hours. Just before serving cut the bread into thin slices, place them in a soup tureen, and add some of the carrot, leek, and onion cut into small pieces. Remove the meat from the pot, season the broth to taste, and strain it into the soup tureen. Sprinkle the chopped parsley on the top, and serve. The meat and remaining vegetables may be served as a separate course; they may also be used up in some form for another meal. Or the meat and vegetables may be served and the broth put aside and used on the following day as "Croûte-au-pot."

TIME.—About 4 hours. SEASONABLE at any time. SUFFICIENT for 6 persons.

RABBIT BROTH.

INGREDIENTS.—3 pints of water, ½ a rabbit, ¼ lb. of bacon or pickled pork, 1 onion, ½ a carrot, ½ of a turnip, ½ a strip of celery, ½ tablespoonful of rice, salt and pepper to taste.

METHOD.—Wash the rabbit, and cut it into small joints, and remove the liver, etc. If bacon be used, let it be well scraped, and soaked in warm water for 1 or 2 hours. Cut the vegetables into small dice or cubes. Put the water into a large stewpan, add the bacon and rabbit, bring slowly to the boil, remove the scum as it rises, and when the rabbit has cooked for about 1 hour, put in the vegetables, rice, and a little salt, and continue the cooking for another hour. Take out the rabbit, remove the meat from the bone, cut it into small dice, and return to the broth to be reheated. Cut a little of the bacon also into dice; the rest can be used cold. Season to taste and serve.

TIME.—2½ to 2½ hours. SEASONABLE in winter. SUFFICIENT for 4 persons.

RICE SOUP.

INGREDIENTS.—1½ pints of white second stock, ½ a pint of milk, the yolk of 1 egg, salt and pepper, 1½ tablespoonfuls of rice.

METHOD.—Boil the stock, add the rice, previously well washed,

and simmer gently for about ½ an hour, or until the rice is thoroughly cooked. Rub through a hair sieve, return to the stewpan, add the milk, and boil. Beat the yolk of the egg with a little milk or cold stock, let the soup cook slightly, then pour in the egg and stir until the soup thickens. Season to taste, and serve.

TIME.—From ½ to 1 hour. SUFFICIENT for 3 or 4 persons.

SAGO SOUP.

INGREDIENTS.—2 pints of second stock, ½ a pint of milk, 2 tablespoonfuls of cream, 1½ oz. of fine sago, the yolks of 2 small eggs, 1 bay-leaf, sugar, salt, and pepper to taste.

METHOD.—Put the stock and bay-leaf into a stewpan; when boiling sprinkle in the sago and cook gently for 20 minutes, or until the sago is transparent. Add the milk, a good pinch of sugar, salt and pepper to taste, and continue to simmer a few minutes longer. Beat the yolks of the eggs and the cream together, add these to the soup, and stir until it thickens, but it must not be allowed to boil or the eggs will curdle. Remove the bay-leaf, and serve.

TIME.—About 40 minutes. SUFFICIENT for 4 or 5 persons.

SCOTCH BROTH.

INGREDIENTS.—2 quarts of cold water, 1½ lb. scrag end of mutton, ½ an onion, ½ a leek, ½ a carrot, ½ a turnip, ½ a strip of celery, 1 teaspoonful of finely-chopped parsley, 1 tablespoonful of Scotch barley, salt and pepper.

METHOD.—Cut the meat into small pieces, put them into a stewpan with the water and a teaspoonful of salt, and cook gently for about 2 hours. Wash the barley, cut the vegetables into dice, add them to the broth and cook for about another hour, making 3 hours in all. Strain and return the broth to the stewpan. Cut the meat into small pieces, carefully remove any fragments of bone from the vegetables and barley, and add them to the broth. When quite hot, season to taste, and serve.

TIME.—About 4 hours. SEASONABLE in winter. SUFFICIENT for 4 or 5 persons.

SCOTCH KAIL.

INGREDIENTS.—2 quarts of cold water, 1½ lb. of mutton, 2 small onions (cut into dice or cubes), 1 leek when procurable, the heart of a white cabbage, salt and pepper, ½ oz. of pearl-barley.

METHOD.—Keep the meat whole, and put it into a stewpan or earthenware stewpot with the water, onions, leek, and a teaspoonful of salt, and cook gently for about 3 hours. Blanch the pearl-barley and add it when the meat has cooked for about 1 hour. Wash the cabbage, shred finely, and put it into the stewpot about 1 hour before the meat is to be served. Take up the meat, cut some of it into small pieces, and place these in a soup tureen. Season the broth and serve.

TIME.—About 3½ hours. SUFFICIENT for 4 or 5 persons.

Note.—Scotch Kail is the *Pot-au-feu* of Scotland, and, like its Continental prototype, may have the meat served separately, or in the broth. But it differs from *Pot-au-feu* in having only the green vegetables, from which it derives the name of "kail."

SHEEP'S HEAD BROTH.

INGREDIENTS.—3 quarts of water, 1 sheep's head, 2 carrots, 2 onions, 1 turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt, 1 tablespoonful of rice.

METHOD—Remove the brains and tongue, and soak the head in salt and water for about 12 hours, changing the water repeatedly. Put it into a large saucepan with a good handful of salt, cover with water, bring to the boil, strain and wash well. Return it to the saucepan, add the water, and bring to the

boil, skim thoroughly, add a teaspoonful of salt, then simmer for about 3 hours. Meanwhile, cut the vegetables into dice, and now add them, the herbs, and the rice to the broth. Continue the cooking for about another hour, then take up the head, cut the meat into dice, and return it to the broth and simmer for a few minutes. Take out the herbs, add seasoning to taste, and serve.

The brains can be used for brain cakes, and the tongue cooked and served separately. Only a small portion of the head need be served in the broth; the rest could be served separately, garnished with the tongue and with brain sauce.

TIME.—About 4 hours. SUFFICIENT for 5 or 6 persons.

SOUP WITHOUT MEAT.

See **Vegetarian Cookery.**

SPINACH SOUP.

INGREDIENTS.—1 pint of white second stock, 1 pint of milk, 2 lb. of spinach, 1 oz. of butter or good fat, 1½ oz. of flour, pepper and salt.

METHOD.—Wash the spinach, remove the stalks, and put it into a saucepan with just sufficient water to cover the bottom of the pan to prevent it burning. When tender drain and rub through a hair sieve. Melt the butter or fat in a stewpan, sprinkle in the flour, cook for a few minutes, then add the purée of spinach and the stock a little at a time. Boil, add the milk, simmer for a few minutes, season to taste, and serve.

TIME.—About 1 hour. SEASONABLE from March to December. SUFFICIENT for 4 persons.

SPRING SOUP.

INGREDIENTS.—3 pints of unclarified stock, ¼ gill each of green peas, French beans, asparagus tops, and chopped lettuce, 1 young carrot, 1 small onion, a bouquet-garni, ½ lb. of beef gravy, the white of 1 egg, seasoning.

METHOD.—Prepare the vegetables, and scoop out some small pea shapes of carrot. Cook all the vegetables separately in salted water. Put the stock into a pan, with the onion, herbs, finely minced meat, seasoning, and white of egg. Whisk till it boils, then simmer for about 10 minutes. Strain and reheat. Add the prepared vegetables, and serve as quickly as possible.

TIME.—About 1 hour. SEASONABLE in April and May. SUFFICIENT for 6 persons.

TAPIOCA CREAM SOUP.

INGREDIENTS.—1½ pints of white stock, or half stock and half milk, 2 tablespoonfuls of cream or milk, the yolks of 2 eggs, 1 dessertspoonful of fine sago or crushed tapioca, salt and pepper.

METHOD.—The stock should be well flavoured, otherwise it must be simmered with a little onion, carrot, celery, and herbs, and strained for use. Bring the stock to boiling point, sprinkle in the sago, or whatever is used in its place, and stir and cook until it becomes transparent; then let the soup cool slightly. Mix the yolks of the eggs and the cream or milk together, add to the soup and stir till it thickens; it should have the consistency of single cream. When a thicker soup is desired, mix a teaspoonful of flour or cornflour with a little milk, and add it to the soup at the same time as the sago. Season to taste, and serve.

TIME.—From 20 to 30 minutes. SUFFICIENT for 4 persons.

TOMATO SOUP.

INGREDIENTS.—1½ pints of second stock or water, 1 lb. of tomatoes, either fresh or tinned, 1 oz. of lean ham (this may be omitted when using stock), ½ oz. of butter or good fat, 1 dessertspoonful of fine sago, ½ onion, ½ a carrot, bouquet-garni (parsley, thyme, bay-leaf), salt, pepper, castor sugar.

METHOD.—Slice the tomatoes, onion, and carrot; cut the ham into small dice. Melt the butter or fat, add to it the ham, carrot, and onion, fry for a few minutes, put in the tomatoes and herbs, and cook for about 15 minutes longer. Pour in the stock or water, and cook gently until the vegetables are tender, then rub the ingredients through a wire sieve. Return the soup to the stewpan, and when boiling sprinkle in the sago and cook until it becomes transparent. Season to taste, add a good pinch of fine castor sugar, and serve. Croûtons, or small slices of fried or toasted bread, should be served separately.

TIME.—About 1 hour. SUFFICIENT for 4 persons.

TOMATO SOUP (without Meat).

INGREDIENTS.—1 lb. of fresh tomatoes, ½ a Spanish onion, a small bunch of mixed herbs, 2 pints of water, salt and pepper, ½ oz. of crushed tapioca or semolina, 1 oz. of butter.

METHOD.—Peel and slice the onion, cut the tomatoes into small slices. Fry the onion a nice light brown in the butter, add the tomatoes, and fry them a little, then put in the water and the bunch of herbs. Allow all to cook till tender, rub through a hair sieve, return to the stewpan, season to taste with salt and pepper. When boiling, gradually add the tapioca or semolina and cook for about 10 minutes longer. Serve with small croûtons of fried bread.

TIME.—About 1 hour. SUFFICIENT for 4 persons.

TRANSPARENT SOUP.

INGREDIENTS.—2 lb. of knuckle of veal, 1 oz. of blanched almonds finely-chopped, ½ of an oz. of vermicelli crushed, ½ a blade of mace, salt and pepper, 2 quarts of water.

METHOD.—Cut the meat into small pieces, break up the bones, put both into a large stewing-jar, and add the water, prepared almonds, mace, and a little salt and pepper. Cook slowly on the stove or in the oven until reduced to half the original quantity, then strain. When cold, remove every particle of fat, boil up the stock, sprinkle in the vermicelli, simmer gently for about 10 to 15 minutes, then season to taste, and serve.

TIME.—To prepare the stock, about 8 hours. SEASONABLE at any time. SUFFICIENT for 8 persons.

VEGETABLE MARROW SOUP.

INGREDIENTS.—1½ pints of white second stock or water, ½ a pint of milk, 1 small vegetable marrow, ½ an onion, 1 oz. of butter or good fat, 1 oz. of flour, salt and pepper to taste.

METHOD.—Mince the onion finely, cut the vegetable marrow into small pieces and remove the seeds. Melt ½ oz. of butter or fat in a stewpan, put in the vegetables, put on the lid, and let the ingredients steam in the butter for about 15 or 20 minutes. Add the milk and water, and cook gently for about 40 minutes, or until tender, then rub through a hair sieve. Melt the remaining ½ oz. of butter or fat, stir in the flour smoothly, add the soup, and stir until it boils. Simmer for a few minutes, season to taste, and serve.

TIME.—From 1½ to 1¾ hours. SEASONABLE from August to October. SUFFICIENT for 4 persons.

VEGETABLE SOUP.

INGREDIENTS.—2 carrots, 1 turnip, 1 onion, 1 leek, 2 strips of celery, 1 dessertspoonful of finely-chopped parsley, 2 oz. of butter or good fat, 1½ oz. of flour, 1 pint of boiling water, 1 pint of milk, salt and pepper.

METHOD.—Prepare the vegetables and cut them into strips about the

size of a short and rather thick match. Melt the butter or fat in a stewpan, and fry the vegetables very slowly until the fat is absorbed; then add the water, ¾ of the milk, salt and pepper, and simmer gently until the vegetables are tender (5 to 10 minutes). Mix the flour and the rest of the milk smoothly together, pour the mixture into the saucepan, stir and cook for a few minutes, then serve.

TIME.—To prepare the vegetables, 20 to 30 minutes. To make the soup, 25 to 30 minutes. SUFFICIENT for 4 persons.

VERMICELLI SOUP.

INGREDIENTS.—3 pints of consommé (*see* Clear Soup), 2 oz. of vermicelli, salt and pepper.

METHOD.—Crush the vermicelli between the fingers into short lengths. Bring the stock to boiling point, sprinkle in the vermicelli, boil gently for about 15 minutes, then season to taste, and serve.

TIME.—About 30 minutes. SUFFICIENT for 5 or 6 persons.

WINTER SOUP.

INGREDIENTS.—½ a small white cabbage, ½ a small onion, ½ a leek, ½ oz. of butter or dripping, ½ pint of milk, ½ oz. of sago or rice, salt and pepper, 1 slice of toasted bread, 1½ pints of water.

METHOD.—Wash and trim the cabbage, cut the leaves into very fine shreds, put them into salted boiling water and cook for about 10 minutes; take up and drain. Melt the butter or dripping in a saucepan, add the onion and leek (previously peeled, cleaned and cut into thin slices), cook a little, then add the cabbage, and stir the whole over the fire for a few minutes longer. Moisten with a pint of water, boil, skim, and simmer gently until all the vegetables are tender; season with pepper and salt, add the milk (boiling), put in the sago or rice, and cook for about another 20 minutes or a little longer. Serve with small sippets of toasted bread.

TIME.—About 1 hour. SEASONABLE in winter. SUFFICIENT for 4 persons.

GRAVIES, SAUCES, FORCEMEAT, ETC.

GRAVIES.

A joint of meat, if properly cooked, will yield the gravy to serve with it. Any bones removed from the meat before cooking may be simmered in a little cold water, which should be used instead of plain water in making the gravy, but no vegetable or flavouring of any kind should be used to destroy the flavour of the meat. The giblets will yield good gravy for poultry. Beef Extract, a little lean beef, or beef skirt may be used for gravy to be served with game or hare. To gravy to be served with hare, red currant jelly or port wine may be added. The trimmings off a cold joint or the stock-pot should supply what is necessary to enrich a hash, stew, or other simply made dishes.

SAUCES.

Every housewife should know how to make brown and white sauces. The following recipes will give exact directions for doing so, but let those who cannot spare time to weigh and measure, try the following plan.

Take a small saucepan, preferably steel or aluminium, but a round-bottomed squat one will serve. Put in a piece of butter or sweet dripping the size of a walnut, let it melt, then add a small tablespoonful of flour. The fat should absorb all the flour; if too dry, add a little more fat, if too moist, a little more flour. If white sauce is required, let the saucepan stand by the side of the fire for about 10 minutes, giving the contents an occasional stir. In another vessel have ready about ½ pint of boiling liquid, which may be milk, milk and water, or fish or meat liquor. Pour it into the saucepan and stir continuously until it boils. Season to taste, and add whatever is necessary to accompany the dish, say capers, parsley, anchovy essence. When brown sauce is needed, let the flour and fat stand near the fire till it is quite brown, giving it an occasional stir, then proceed as directed above. The method described gives no trouble, and produces a more satisfactory result than thickening with flour, moistened with water. Sweet sauces are generally made of fruit syrup, or milk thickened with arrowroot, or cornflour, mixed smoothly with cold milk or water.

Sauces, when lumpy, should be passed through a fine strainer.

For hash, mince, or similar dishes of cold meat, the bones and trimmings should be converted into stock to form the basis of the brown sauce described above. If the meat, either sliced or minced, be placed in the sauce, closely covered, and kept just below simmering point for nearly an hour, the preparation will be a far more palatable one than those ordinarily served as hash and mince.

FORCEMEAT AND STUFFING.

Forcemeat and stuffing to be pleasant additions to the dishes they are intended for should be very carefully made. The suet should be finely chopped, the bread-crumbs equally finely grated, the eggs well beaten, etc., etc., and the whole thoroughly blended with judicious seasoning. Forcemeat balls should be *well* flavoured as they lose a little in process of cooking, and should be firm enough to fry without fear of breaking.

RECIPES FOR GRAVIES.

BEEF GRAVY (for Poultry, Game, etc.).

INGREDIENTS.—1 pint of cold water, ½ lb. of lean beef, salt and pepper.

METHOD.—Cut the beef into small pieces, put it with the water into a stewpan, or earthenware stew-jar, and cook slowly for about 3 or 4 hours. Strain, season, and use as required.

TIME.—About 3 or 4 hours. QUANTITY, about ½ pint.

BROWN GRAVY (for Roast Meat, etc.).

INGREDIENTS.—1½ pints of water, ½ lb. of neck or shin of beef, ½ oz. of butter, ½ oz. of sweet dripping, ½ oz. of flour, ½ a medium-sized onion, 1 very small slice of lean bacon, or a few trimmings of lean ham or bacon, salt and pepper, 1 clove, if liked.

METHOD.—Cut the meat and bacon into small pieces, slice the onion, melt the dripping in a stewpan, put in the meat, bacon, and onion, and fry till brown. Add the water, salt and pepper, and clove, cook slowly for about 3 or 4 hours, and strain. Melt the butter in a stewpan, stir in the flour, and cook for a few minutes. Add the gravy, stir until it boils, skim, simmer for about 10 minutes, and use as required.

TIME.—From 3½ to 4½ hours. QUANTITY, about ½ pint.

GRAVY (for Game, Hashes, etc.).

INGREDIENTS.—Bones and trimmings of game or meat, sufficient cold water to cover them, a bay-leaf, 1 clove, 6 peppercorns, a sprig of thyme, a small piece of onion, 1 oz. of butter or good fat.

METHOD.—Cut up the trimmings and break the bones into small pieces. Melt the butter or fat, add the bones and meat, and the rest of the ingredients, cover with water, simmer for about 2 or 3 hours, then strain, season, and use as required.

TIME.—About 3½ hours. QUANTITY, about ¾ pint.

GRAVY (Quickly made).

INGREDIENTS.—¾ pint of water, ½ lb. of shin of beef, ½ oz. of butter or good fat, ½ an onion, ½ of a carrot, salt and pepper.

METHOD.—Cut the meat and vegetables into small pieces and fry them brown in the butter or fat. Add the water, salt and pepper, and simmer for about ½ an hour. Strain, season, and serve. The meat and vegetables should afterwards be put into the stock-pot, or with more water added to them may be cooked until all their goodness is extracted.

TIME.—From 40 to 45 minutes. QUANTITY, about ½ pint.

JUGGED GRAVY (For any dish requiring a Rich Gravy).

INGREDIENTS.—2 pints of water, 1 lb. of shin of beef, 2 oz. of lean ham, ½ a small carrot, ½ a strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), ½ a blade of mace, 3 peppercorns, 1 clove, if liked, salt.

METHOD.—Cut the ham and beef into small pieces, and slice the vegetables. Put them into a stewing-jar in alternate layers, sprinkle each layer with salt, add the peppercorns, mace, bouquet-garni, clove, if used, and water, cover closely, and tie 3 or 4 folds of well-greased paper on the top to keep in the steam. Place the jar in a rather cool oven, and cook gently for about 6 hours, then strain, and when cold remove the fat. Reheat, and serve with any dish that requires good gravy.

TIME.—About 6½ hours. QUANTITY, about 1 pint.

RECIPES FOR SAUCES.

ANCHOVY SAUCE (for Fish, Boiled or Fried).

INGREDIENTS.—½ pint of white sauce, 1 teaspoonful of anchovy essence.

METHOD.—Make the sauce hot in a small stewpan, add the anchovy essence, and use as required.

TIME.—From 5 to 10 minutes. QUANTITY, about ½ a pint.

APPLE SAUCE (for Roast Pork, Duck, Goose, etc).

INGREDIENTS.—1 lb. of apples, 1½ oz. of sugar (or to taste), 1 oz. of butter, a little water, if necessary.

METHOD.—Peel, core, and slice the apples, put them into a stewjar or saucepan with the sugar, butter, and a very little water, and cook them until tender. Add more sugar, if necessary, before serving.

TIME.—From 30 to 40 minutes. QUANTITY, about ½ pint.

ARROWROOT SAUCE, CLEAR (for Sweet Puddings, Tarts, etc.).

INGREDIENTS.—½ pint of cider (equal quantities of wine and water, or any kind of fruit-juice may be substituted), 1 level dessertspoonful of arrowroot, sugar to taste, cinnamon, lemon-rind, or other flavouring.

METHOD.—Simmer the flavouring ingredient in the cider for about 10 minutes. Mix the arrowroot smoothly with a little cold water, strain the cider into it, stirring meanwhile, and replace in the saucepan. Add sugar and simmer gently for a few minutes.

TIME. — About 15 minutes. QUANTITY, about ½ pint.

BEARNAISE SAUCE (for Fillets of Beef or Veal, etc.).

INGREDIENTS.—1 shallot peeled and chopped finely, a few fresh tarragon leaves, ½ gill malt vinegar, ½ gill of French wine vinegar, 2 yolks of eggs, a few peppercorns or some Mignonette pepper, salt to taste, ½ gill of white or Béchamel sauce, 1 oz. of butter, ½ a teaspoonful of chopped parsley and tarragon leaves.

METHOD.—Put the vinegar, shallots, and whole tarragon leaves in a stewpan, cover it, and let the liquor reduce to about half of the original quantity Remove from the fire, cool a little, add the sauce, and reheat; then stir in the yolks of the eggs, and season with salt and Mignonette pepper. Whisk the whole over the fire, and incorporate the butter by degrees. This sauce must on no account be allowed to boil when once the eggs are added. Pass it through a tammy-cloth. Return to another stewpan, and whisk again over hot water or in a bain-marie. Add the chopped parsley and a few chopped tarragon leaves, and serve.

TIME.—From 35 to 45 minutes. QUANTITY, about ½ a pint.

BÉCHAMEL, or FRENCH WHITE SAUCE.

INGREDIENTS.—½ of an oz. of flour, 1 oz. of butter (or white roux), 1 pint of milk (or equal quantities of milk and white stock), ½ a small onion or shallot, 1 small bouquet-garni (parsley, thyme, bay-leaf), 5 peppercorns, ½ a small bay-leaf, 1 small blade of mace, seasoning.

METHOD.—Put the milk on to boil with the onion or shallot, the bouquet-garni, peppercorns, mace, and bay-leaf. Melt the butter, stir in the flour, and cook a little without browning; stir in the hot milk, etc., whisk over the fire until it boils, and let it simmer from 15 to 20 minutes. Strain and pass through a sieve or tammy-cloth, return to the stewpan, season lightly with a pinch of nutmeg, ½ a pinch of cayenne, and ½ of a teaspoonful of salt. The sauce is then ready for use.

TIME.—40 to 50 minutes. QUANTITY, about ½ pint.

BÉCHAMEL SAUCE WITHOUT STOCK. *See* **White Sauce without Stock.**

BRAIN SAUCE (for Sheep's Head).

INGREDIENTS.—1 sheep's brains, ½ pint of liquor in which the head was cooked, ½ oz. of butter, ½ oz. of flour, ½ small onion chopped, ½ a teaspoonful of vinegar, salt and pepper.

METHOD.—Wash and soak the brains in salt and water. Tie them in muslin, and cook until firm in the pot containing the sheep's head. Melt the butter in a stewpan, add the flour, cook it slowly until lightly browned, then put in the onion, and continue to cook slowly until the whole acquires a nut-brown colour. Add the pot-liquor, vinegar, salt and pepper to taste, simmer gently for 10 minutes, then stir in the brains previously coarsely-chopped, and serve poured over the prepared head, or separately.

TIME.—Altogether about 1 hour. QUANTITY, about ½ pint.

BRANDY SAUCE (for Sweet Puddings, etc.).

INGREDIENTS.—½ pint of water, ½ a small wineglassful of brandy, 4 oz. of loaf sugar, ½ oz. of cornflour, nutmeg, if liked.

METHOD.—Mix the cornflour smoothly with a little of the water, and put the rest into a copper saucepan with the sugar. Boil and reduce to a thin syrup, skimming occasionally, add the cornflour to the syrup, stir until it boils, then add the brandy, and serve.

TIME.—About ¼ an hour. QUANTITY, about ½ pint.

BREAD SAUCE (for Roast Chicken, or Turkey, etc.).

INGREDIENTS.—½ pint of milk, a tablespoonful of cream, 2 oz. of freshly-made breadcrumbs, ½ oz. of butter, 1 very small peeled onion, 1 clove, salt and pepper.

METHOD.—Put the milk and onion, with the clove stuck in it, into a small saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for about 20 minutes, then remove the onion, add salt and pepper to taste, stir in the butter and cream, and serve.

TIME.—From 20 to 25 minutes. QUANTITY, ½ pint.

Note.—The cream may be omitted, and, if preferred, a little more butter added. Flavouring is simply a matter of taste (when cloves are not liked, mace or nutmeg may be substituted).

BROWN MUSHROOM SAUCE (for Braised Meat, Hare, Rabbit, etc.).

INGREDIENTS. — 8 preserved mushrooms, ¼ gill of the liquor, ¼ gill of sherry, ½ gill of thin Espagnole sauce.

METHOD.—Chop the mushrooms finely, put them in a stewpan with the liquor and the sherry, cover the pan and boil well. Add the Espagnole, boil up again, then season and serve.

TIME.—From 20 to 30 minutes. QUANTITY, about ½ a pint.

BROWN SAUCE.

INGREDIENTS.—½ a pint of stock or water, 1 oz. of butter or sweet dripping, 1 oz. of flour, 1 small carrot, 1 small onion, salt and pepper.

METHOD.—Cut the carrot and onion into small pieces. Melt the butter in a saucepan, put in the flour and vegetables, and fry until brown. An occasional stir is necessary to prevent the ingredients burning, but if they are constantly stirred they brown less quickly. Add the water or stock, stir until it boils, simmer for about 10 minutes, then season to taste.

TIME.—From 25 to 30 minutes. QUANTITY, about ½ pint.

CALF'S HEAD, SAUCE FOR.

INGREDIENTS.—½ of a pint of the liquor in which the head was boiled, 1 oz. of butter, ½ oz. of flour, ½ a dessertspoonful of finely-chopped

parsley, the juice and finely-grated rind of ½ a small lemon, ½ an onion sliced, salt and pepper.

METHOD.—Fry the onion in the butter until well browned, sprinkle in the flour and brown it also, then add the stock. Simmer gently for abour ½ an hour to reduce, then strain. Return to the saucepan, and add the parsley, lemon-rind, lemon-juice, and seasoning to taste, make thoroughly hot, and serve.

TIME.—From 50 to 60 minutes. QUANTITY, about ½ pint.

CAPER SAUCE (for Fish or Boiled Mutton).

INGREDIENTS.—½ pint of melted butter, 1 tablespoonful of capers, either cut in two or coarsely-chopped, 1 dessertspoonful of vinegar from the capers, salt and pepper.

METHOD.—Make the melted butter as directed, and add to it the capers, vinegar, and seasoning.

TIME.—About 20 minutes. QUANTITY, about ½ pint.

Note.—If for serving with boiled mutton, make the melted butter sauce with the liquor in which the meat was boiled,.

CELERY SAUCE (for Boiled Turkey and Fowls).

INGREDIENTS.—½ pint of melted butter, 1 head of celery (the white part only), salt and pepper.

METHOD.—Wash the celery and chop it coarsely. Put it into a stewpan with barely sufficient water to cover it, and simmer for about ½ an hour. Stir occasionally as the water evaporates, and the celery becomes rather dry. Add the melted butter, stir until it boils, season to taste, and serve.

TIME.—About 1 hour. SUFFICIENT for a boiled turkey or 2 fowls.

CHAUD - FROID SAUCE, WHITE (Cold Sauce for Masking Chicken Cutlets, etc.).

INGREDIENTS.—½ of a pint of Béchamel sauce, ½ of a pint of aspic jelly, ½ of a pint of cream, 5 or 6 sheets of French gelatine, 1 teaspoonful of chilli vinegar or lemon-juice.

METHOD.—Dissolve the gelatine in the aspic jelly, and mix with the hot sauce. Stir over the fire until it boils, then add the vinegar or lemon-juice, simmer for a few minutes, and strain or pass through a tammy-cloth. When cool add the cream, and use as required, when just on the point of setting.

TIME.—From 25 to 35 minutes. QUANTITY, about ½ a pint.

Note.—Brown Chaud-froid sauce may also be made by substituting equal quantities of good brown sauce and tomato sauce for the Béchamel. Green Chaud-froid is composed of Béchamel and a few drops of spinach greening, and pink Chaud-froid is made by adding a few drops of carmine to the Béchamel sauce. The aspic jelly and gelatine are added to give brightness and stiffness.

CHOCOLATE SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—½ a pint of milk, 2 oz. of grated chocolate, ½ oz. of sugar (or to taste), 1 teaspoonful of cornflour, ½ a teaspoonful of vanilla essence.

METHOD.—Dissolve the chocolate and sugar in the hot milk, and simmer for a few minutes. Mix the cornflour smoothly with a little milk or water, pour it into the saucepan, stir and cook for a few minutes, add the vanilla essence, and serve.

TIME.—About 15 minutes. QUANTITY, about ½ pint.

CITRON SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—½ pint of boiling milk, 1 oz. of castor sugar, ½ oz. of cornflour, 2 yolks of eggs, the finely-chopped rind of ½ a lemon.

METHOD.—Blend the yolks of the eggs and the cornflour together, add the sugar and lemon-rind, and stir in the boiling milk. Whisk the preparation over the fire until it becomes creamy, then use.

TIME.—From 10 to 15 minutes. QUANTITY, about ½ pint.

CRANBERRY SAUCE (American Recipe).

INGREDIENTS.—1½ pints of cranberries, ½ pint of water, white sugar to taste.

METHOD.—Having washed and pickled the cranberries carefully, put them in a lined saucepan with the sugar and enough water to cover them. Let them stew very slowly for about an hour or more, till reduced to a pulp, stirring them often. Take them off the fire and put in a wetted mould or small jars to cool. Serve in a small glass dish with roast turkey, ducks, or game.

TIME.—About an hour. QUANTITY, about ½ pint.

CREAM SAUCE (For Sweetbreads, Chickens, Soles).

INGREDIENTS.—1 gill of Béchamel sauce, 2 tablespoonfuls of cream, 1 oz. of butter, 1 yolk of an egg, a few drops of lemon-juice, salt and pepper.

METHOD.—Put all the ingredients except the lemon-juice into a small saucepan, which must be placed either in a bain-marie or in a larger shallow pan, half full of boiling water. Stir the mixture until it acquires the consistency of thick cream, then pass through a tammy-coth, reheat, add the lemon-juice, and use.

TIME.—From 20 to 30 minutes. QUANTITY, about 1½ gills.

CURRANT SAUCE.

INGREDIENTS.—2 oz. of currants, cleaned, 2 oz. of butter, 1½ oz. of flour, ½ pint of water, 1 glass of red wine, 1 dessertspoonful of lemon-juice, ½ a teaspoonful of finely-grated lemon-rind, ¼ of a teaspoonful of ground ginger, sugar to taste.

METHOD.—Melt the butter in a saucepan, add the flour, and cook gently until it acquires a light brown colour. Put in the wine and water, bring to the boil, add the lemon-rind and lemon-juice, ginger, currants, and sugar to taste. Simmer gently for about 10 minutes, then serve without straining.

TIME.—About ½ an hour. QUANTITY, about ½ a pint.

CURRY SAUCE (For Meat, Poultry and Fish).

INGREDIENTS.—½ pint of good stock, 1½ oz. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 tomato sliced, 1 small onion sliced, salt.

METHOD.—Melt the butter in a saucepan, fry the onion until lightly browned, then add the flour and curry-powder. Stir and cook gently for a few minutes, then add the stock, and bring to the boil. Put in the tomato, and seasoning to taste. Simmer gently for about 20 minutes, then strain and serve.

TIME.—From 35 to 40 minutes. QUANTITY, about ½ a pint.

CUSTARD SAUCE (For Puddings, or Tarts).

INGREDIENTS.—½ a pint of milk, 1 egg, 1 oz. of castor sugar, ½ a tablespoonful of brandy (optional), bay-leaf if liked.

METHOD.—Boil the milk and bay-leaf, add the sugar, and cool slightly. Beat the egg well, pour the milk on to it, and strain into a jug. Have ready a saucepan of boiling water, in which to place the jug, keep stirring until the mixture thickens, but do not allow it to boil, or it will curdle. Stir in the brandy if used, and serve.

TIME.—From 25 to 30 minutes. QUANTITY, about ½ pint.

DEMI-GLACE SAUCE (For Meat, Poultry, Game, etc.).

INGREDIENTS.—½ pint of Espagnole sauce, ¼ of a pint of gravy.

METHOD.—Strain the gravy and remove all the fat. Put the sauce and gravy into a saucepan, boil until well reduced, and skim well.

TIME.—About ½ an hour. QUANTITY, about ½ pint.

DEVILLED SAUCE (For Devilled Kidney, Bones, etc.).

INGREDIENTS.—2 tablespoonfuls of Harvey sauce, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of butter (melted), 1 teaspoonful of mustard, salt and cayenne.

METHOD.—Mix all the ingredients together in a deep dish. Score the legs of a cooked chicken, etc., lengthwise, and soak well in the sauce. Grill or fry and serve hot.

TIME.—About 1 hour. QUANTITY, for 3 or 4 persons.

DUTCH OR HOLLANDAISE SAUCE (For Boiled Fish, Artichokes, Asparagus, etc.).

INGREDIENTS.—2 tablespoonfuls of vinegar, 1 shallot peeled and chopped, 1 bay-leaf, 4 white peppercorns crushed, 1 gill of white sauce, the yolks of 2 eggs, 1 teaspoonful of lemon-juice, 2 oz. of butter, salt.

METHOD.—Put the vinegar (French wine vinegar in preference to malt vinegar) with the shallot, bay-leaf, and peppercorns in a stewpan, and reduce to half its original quantity; add the white sauce, let it boil, remove the bay-leaf, and stir in the yolks of eggs. When it begins to thicken remove the preparation from the fire and strain into another stewpan. Reheat (taking great care that the sauce does not curdle) and whisk in the butter by degrees. Add the lemon-juice and enough salt to taste, and serve.

TIME.—About ½ an hour. QUANTITY, about ½ a pint.

Note.—A richer sauce can be made by omitting the white sauce and increasing the number of yolks of eggs and quantity of butter.

EGG SAUCE (For Boiled Fish or Boiled Fowl).

INGREDIENTS.—½ a pint of melted butter, ½ a teaspoonful of lemon-juice, salt and pepper, 1 hard-boiled egg.

METHOD.—Boil the egg until quite hard (15 minutes), and put it into cold water for about ½ an hour. Remove the shell, cut the white in small dice and rub the yolk through a wire sieve. Have the melted butter boiling, stir in the white of egg, add salt, pepper and lemon-juice, and use as required. The sauce is usually poured over the fish, and the sieved yolk of egg sprinkled on the top as a garnish. When the sauce is served separately, the yolk should be added to it with the white.

TIME.—About 1 hour. SUFFICIENT for about 2 lb. of fish.

ESPAGNOLE, OR SPANISH SAUCE.

INGREDIENTS.—1½ pints of stock, 1½ oz. of raw lean ham or bacon, 1 oz of butter, 1 oz. of flour, ½ a carrot, 1 small onion, 1 clove, 2 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), ½ gill of tomato pulp, ½ gill of sherry (optional), 2 small mushrooms.

METHOD.—Melt the butter in a stewpan, add the ham, cut into small pieces, fry for a few minutes, and then put in the vegetables sliced, the herbs, and spices. Stir these ingredients over a slow fire for a few minutes, then add the flour and brown it carefully. Add the stock, tomato pulp, and sherry, stir the sauce until boiling, draw the saucepan to the side of the fire, let it boil slowly for about 1 hour, then skim off the fat, pass the sauce through a tammy-cloth, season, warm up, and serve.

TIME.—About 1½ hours. QUANTITY, about ½ pint.

FENNEL SAUCE (For Fish, Mackerel, etc.).

INGREDIENTS.—½ pint of melted butter, 2 tablespoonfuls of fennel.

METHOD.—Make the melted butter as directed Wash the fennel well, pick it from the stalks, put it into boiling water, and boil until tender. Drain well, chop finely, and add it to the boiling sauce.

TIME.—From 35 to 40 minutes. QUANTITY, about ½ a pint.

GINGER SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—1 tablespoonful of ground ginger, 4 tablespoonfuls of castor sugar, 2 or 3 strips of lemon-rind, about 1 tablespoonful of lemon-juice, 2 tablespoonfuls of brandy or wine, ½ pint of water.

METHOD.—Put the ginger, sugar, lemon-rind, and water into a stewpan, and simmer the ingredients gently for about 15 minutes. Strain, return to the stewpan, add the brandy and lemon-juice, reheat and serve.

TIME.—About 20 minutes. QUANTITY, about ½ pint.

HAM SAUCE (For Veal, Duck, Game, etc.).

INGREDIENTS.—½ pint of Espagnole sauce, or brown sauce, 2 tablespoonfuls of coarsely-chopped ham, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Make the sauce hot in a saucepan, add the ham, and simmer for a few minutes. Remove from the fire, put in the parsley and lemon-juice, season, and serve.

TIME.—From 10 to 15 minutes. QUANTITY, about ½ a pint.

HOLLANDAISE SAUCE.

See recipe for **Dutch Sauce.**

HORSERADISH SAUCE (Cold) (For Hot or Cold Roast Meat).

INGREDIENTS.—½ gill of white wine vinegar, 2 hard-boiled eggs, 1 oz. of grated horseradish, ½ a teaspoonful of salt, 1 teaspoonful of castor sugar, 1 tablespoonful of cream.

METHOD.—Remove the yolks from the whites of the hard-boiled eggs, put them in a basin, work with a wooden spoon until quite smooth, then add the vinegar gradually, and stir the mixture until it becomes creamy. Add the grated horseradish, sugar, salt, and lastly the cream, stir a little longer, and serve in a sauceboat, or as directed.

TIME.—From 20 to 30 minutes. QUANTITY, about 1 gill.

HORSERADISH SAUCE (Hot) (For Boiled Fish or Roast Meat).

INGREDIENTS.—2 tablespoonfuls of grated horseradish, ½ pint of Béchamel sauce, ½ a teaspoonful of castor sugar, ½ a teaspoonful of vinegar, cayenne, and salt.

METHOD.—Boil up the sauce, moisten the horseradish with the vinegar, add it to the sauce with the other ingredients. Make the sauce thoroughly hot, but do not boil after the vinegar is added or it will curdle.

TIME—About 20 minutes. QUANTITY, about ½ a pint.

ITALIAN SAUCE (For Fish and Meat Dishes).

INGREDIENTS.—½ pint of Espagnole sauce, 4 small shallots chopped, 4 fresh mushrooms coarsely-chopped, 1 sprig of thyme, 1 bay-leaf, a tablespoonful of sweet oil, 1 glass of chablis (optional), ½ gill of stock.

METHOD.—Put the shallots in a small piece of muslin, and squeeze them in cold water to extract some of the flavour, then place them in a stewpan with the oil, cook for a few minutes, but do not brown. Add the wine (if used), mushrooms, herbs, and stock, reduce well, and add the Espagnole. Boil for about 10 minutes, take out the herbs, skim off the oil, and serve.

TIME.—From 25 to 30 minutes. QUANTITY, about ½ a pint.

JAM SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—1 good tablespoonful of apricot, raspberry, or other jam, ¼ pint of water, ½ a teaspoonful of lemon-juice, sugar, carmine or cochineal, if necessary.

METHOD.—Put the water and jam into a small saucepan, add sugar to taste, and make thoroughly

hot. Put in the lemon-juice and a few drops of colouring, if necessary strain, and serve.

TIME.—About 10 minutes. QUANTITY, about ½ pint.

LEMON SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—½ a pint of boiling water, 1 lemon, 1 oz. of loaf sugar, 1 dessertspoonful of arrowroot.

METHOD.—Rub the sugar on the lemon until the outer rind is removed. Have the water boiling in a saucepan, add the sugar. Mix the arrowroot smoothly with a little cold water, pour it into the saucepan, and stir until it boils. Add the lemon-juice, and more sugar if necessary, and serve.

TIME.—From 20 to 25 minutes. QUANTITY, about ½ pint.

Note.—If desired richer, a small glass of sherry and the yolk of an egg may be added to the above a few minutes before serving, but the sauce must not be allowed to boil again once the egg yolk has been introduced.

MADEIRA SAUCE (For Entrées of Meat, Poultry and Game).

INGREDIENTS.—½ pint of Espagnole sauce, ¼ pint of good gravy, 1 oz. of meat glaze, 1 glass of Madeira or sherry, salt and pepper.

METHOD.—Simmer the sauce, gravy, and wine until well reduced. Season to taste, put in the meat glaze, stir until it is dissolved, then strain the sauce, and use.

TIME.—About ½ an hour. QUANTITY, about ¾ of a pint.

MAÎTRE D'HÔTEL SAUCE (For Fish, Chicken, Veal, etc.).

INGREDIENTS.—½ pint of Béchamel sauce, 3 oz. of butter, the juice of ½ a lemon, 1 teaspoonful of finely-chopped parsley, seasoning.

METHOD.—Put the Béchamel in a saucepan with a little water, stir until it boils, reduce well, then add the butter a little at a time, and stir well. Strain the sauce into another saucepan, add the parsley, lemon-juice, and seasoning, reheat and serve.

TIME.—From 25 to 35 minutes. QUANTITY, about ½ a pint.

MARMALADE SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—½ pint of water, 1 glass of sherry (optional), 2 tablespoonfuls of marmalade, 1 dessertspoonful of sugar (or to taste), 1 teaspoonful of lemon-juice.

METHOD.—Put the water and marmalade into a saucepan, and stir until it boils. Add the sugar, lemon-juice, and sherry, stir until the sugar is dissolved, and serve.

TIME.—About 10 minutes. QUANTITY, about ½ pint.

MAYONNAISE SAUCE (For Hot and Cold Dishes, Salad Dressing, etc.).

INGREDIENTS.—1 yolk of egg, ½ a teaspoonful of French mustard, ½ a teaspoonful of salt, a small pinch of pepper, ½ a tablespoonful of tarragon vinegar, about ½ pint of best salad-oil, 1 dessertspoonful of cream.

METHOD.—Put the yolk into a basin, add the mustard, salt, and pepper, stir quickly with a wooden spoon. Add the oil, first drop by drop and afterwards more quickly, and at intervals a few drops of the vinegar. By stirring well, the mixture should become the consistency of very thick cream. Lastly, add the cream, stirring all the while. A little cold water may be added if the sauce is found to be too thick.

In hot weather, the basin in which the Mayonnaise is made should be placed in crushed ice.

TIME.—About 20 minutes. QUANTITY, about ¾ of a pint.

MELTED BUTTER (For Fish, Poultry, Rabbit and certain Vegetables).

INGREDIENTS.—½ pint of water, 1 oz. of butter, ½ oz. of flour, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour and cook for a few minutes. The water now to be added must not be quite boiling, but it may be hot, and as the sauce has to be constantly stirred until it boils to incorporate the substances contained in it, considerable time is saved by adding warm or hot water, instead of cold. Bring to the boil, and simmer for a few minutes. Season and use as required.

TIME.—About 10 to 15 minutes. QUANTITY, about ½ a pint.

MELTED BUTTER, SWEET.

INGREDIENTS.—½ pint of milk or water, 1 oz. of butter, ½ oz. of flour, ½ oz. of sugar, a pinch of salt.

METHOD.—Melt the butter in a saucepan, stir in the flour, and cook well without browning. Add the milk or water, and stir until it boils. Simmer for a few minutes, then add the sugar, a good pinch of salt, and serve.

TIME.—About 15 to 20 minutes. QUANTITY about ½ pint.

MINT SAUCE (For Roast Lamb).

INGREDIENTS.—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of sugar, ½ pint of vinegar.

METHOD.—The mint should be young and fresh-gathered. Wash it free from grit, pick the leaves from the stalks, mince them very fine, put them into a tureen, add the sugar and vinegar, and stir until the former is dissolved. This sauce is better by being made 2 or 3 hours before it is required for the table, as the vinegar then becomes impregnated with the flavour of the mint. Good white wine vinegar is preferable to ordinary malt vinegar. Sugar should be added with discretion until the required degree of sweetness is obtained.

TIME.—About 15 minutes. QUANTITY, about ½ a pint.

MUSHROOM SAUCE (For Fish and Meat Entrées, Poultry, etc.).

INGREDIENTS.—½ pint of brown sauce, ½ pint of button mushrooms, 1 oz. of butter, salt and pepper.

METHOD.—Peel the mushrooms and remove the stalks. Heat the butter in a stewpan, put in the mushrooms, and toss them over the fire for about 10 minutes. Drain off any butter that remains unabsorbed, add the brown sauce, season to taste, make thoroughly hot, and serve.

TIME.—About 20 minutes. QUANTITY, about ½ of a pint.

MUSTARD SAUCE (For Fresh Herrings).

INGREDIENTS.—1 teaspoonful of mustard, 1 dessertspoonful of flour, 1 oz. of butter, 1 gill of boiling water, 1 teaspoonful of vinegar.

METHOD.—Mix the flour and mustard, knead them well with the butter, stir in the boiling water, turn into a stewpan, and boil for 5 minutes. Add the vinegar last.

TIME.—10 minutes.

NUT BROWN BUTTER (For Fish or Calves' Brains).

INGREDIENTS.—4 oz. of butter, 1 tablespoonful of finely-chopped parsley, 2 tablespoonfuls of vinegar, salt and pepper.

METHOD.—Cook the butter in a frying-pan until it turns brown, then add the parsley, vinegar, and salt and pepper to taste. Let the whole simmer for a few minutes, when it is ready to serve.

TIME.—About ¼ of an hour. QUANTITY, for 1 dish.

ONION SAUCE (For Mutton, Lamb, Tripe, etc.).

INGREDIENTS.—½ pint of milk, 1 oz. of butter, ½ oz. of flour, 2 onions (about ½ lb.), salt and pepper.

METHOD.—Peel the onions, put them into cold water, bring to the boil, and strain. Return to the

saucepan with ½ a teaspoonful of salt and sufficient boiling water to cover them, and boil until tender (about 1 hour). When the onions are sufficiently cooked they must be well drained and chopped coarsely. Melt the butter in a saucepan, stir in the flour, and cook for a few minutes, then add the milk and stir until it boils. Add the onion to it, season to taste, simmer for a few minutes, and serve.

TIME.—About 1½ to 1¾ hours. QUANTITY about ¾ of a pint.

ORANGE SAUCE (For Roast Duck, Widgeon, Pork, Wild Boar, etc.).

INGREDIENTS.—½ an orange, ¼ pint of Espagnole sauce, ¼ pint stock or roast meat gravy, lemon-juice, red-currant jelly, salt, pepper.

METHOD.—Peel the orange thinly and cut the peel into strips (julienne fashion), put them in a stewpan with sufficient water to cover, boil for about 5 minutes, and drain in a sieve. Put in a stewpan the Espagnole sauce, stock, and ½ the orange juice. Allow all to reduce to half its quantity. Add the orange peel, ½ a teaspoonful of lemon-juice, and ½ a teaspoonful of red-currant jelly, season with pepper and salt, boil up again, and serve.

TIME.—About 25 to 30 minutes. QUANTITY, about ½ pint.

OYSTER SAUCE (For Fish or Fowl).

INGREDIENTS.—12 sauce oysters, 1 oz. of butter, a teaspoonful of lemon-juice, the yolk of 1 egg, ¼ pint of white sauce.

METHOD.—Open the oysters, remove the beards, and put them with their liquor and the butter in a small saucepan. Cover, and cook for 4 minutes (they must not be allowed to boil), then drain well and halve or quarter them. Reduce the liquor to half its original quantity, then strain and return to the saucepan. Add the white sauce, when hot bind with the yolk of egg, then put in the oysters and lemon-juice. Stir until the oysters are quite hot, add salt and pepper and serve in a hot sauceboat.

TIME.—From 20 to 30 minutes. QUANTITY, about ¾ pint.

PARSLEY SAUCE (For Boiled Fowl, Veal, Calf's Head, etc.).

INGREDIENTS.—½ pint of the liquor in which the meat has been cooked, ¼ pint of milk, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of chopped parsley, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour, cook for a few minutes, then add the liquor and milk, and stir until it boils. Simmer for a few minutes, season to taste, add the parsley, and use as required. If the parsley is allowed to boil in the sauce it will lose some of its green colour.

TIME.—About 20 to 25 minutes. QUANTITY, about ¾ pint.

PARSLEY SAUCE (For Fish).

INGREDIENTS.—½ pint of fish stock or water, 1 oz. of butter, ¾ oz. of flour, 1 tablespoonful of finely-chopped parsley, salt and pepper.

METHOD.—Melt the butter in a saucepan, stir in the flour, cook for a few minutes, then add the stock and stir until it boils. Simmer for a few minutes, then season to taste, add the parsley, and serve. If the parsley is allowed to boil in the sauce it will lose its colour.

TIME.—About 20 to 25 minutes. QUANTITY, about ½ a pint.

PIQUANT OR SHARP SAUCE (For Pork and certain Brown Entrées).

INGREDIENTS.—½ pint of brown sauce, 2 tablespoonfuls of vinegar, 1 tablespoonful of capers cut in two, 1 tablespoonful of gherkin coarsely-chopped, 1 small onion finely-chopped, salt and pepper.

METHOD.—Put the onion and vinegar into a small saucepan, let them boil until considerably reduced, then add the brown sauce, capers, gherkin, salt and pepper if necessary, bring to the boil, simmer for about 5 minutes, and serve.

TIME.—About ½ an hour. QUANTITY, about ½ pint.

PORT WINE SAUCE (For Venison, etc.).

INGREDIENTS.—½ pint of gravy from roast venison or mutton, a small glass of port wine, 1 teaspoonful of red-currant jelly, a few drops of lemon-juice.

METHOD.—Put all the above into a small saucepan, bring to the boil, and serve.

TIME.—About 7 or 8 minutes. QUANTITY, about ½ pint.

RED CURRANT SAUCE (For Puddings, Venison, Hare, etc.).

INGREDIENTS.—A small jar of red-currant jelly, 1 small glass of port wine.

METHOD.—Put the wine and jelly into a small saucepan, let them slowly come to the boil, and serve when the jelly is dissolved.

TIME.—About 5 minutes.

RÉMOULADE SAUCE.

See **Salad Dressings.**

SAGE AND ONION SAUCE (For Roast Pork, Goose etc.).

INGREDIENTS.—½ pint of brown stock, 2 medium-sized onions, 1 oz. of freshly-made breadcrumbs, 1½ oz. of butter or sweet dripping, 1 teaspoonful of finely-chopped sage, salt and pepper.

METHOD.—Cut the onions into rather small dice. Melt the butter or fat, put in the onions, and fry slowly until brown. Add the stock and boil up, then put in the sage, breadcrumbs, salt and pepper, and simmer for about 10 minutes.

TIME.—About 40 minutes. QUANTITY, ½ of a pint.

SALAD DRESSINGS.

See **Recipes**, p. 226.

SAUCE FOR CHRISTMAS PUDDING.

INGREDIENTS.—1 small wineglassful of rum or brandy, 2 eggs, 1½ oz. of castor sugar, ½ gill of water.

METHOD.—Put all the ingredients into a stewpan, with half a gill of water, stand it in a larger pan of boiling water, and whisk briskly until the whole becomes thick and frothy. Serve at once.

TIME.—About 15 minutes. QUANTITY, about ½ of a pint.

SHARP SAUCE.

See **Piquant Sauce.**

SHRIMP SAUCE (For Fish).

INGREDIENTS.—½ pint of white sauce, ½ pint of picked shrimps, 1 teaspoonful of anchovy essence, a few drops of lemon-juice, cayenne.

METHOD.—The fish stock required for the white sauce may be obtained by simmering the shrimp shells in milk and water. Add the shrimps, anchovy essence, lemon juice, and cayenne to the hot sauce. Cover the saucepan, and let it stand for a few minutes where the contents cannot boil, then serve.

TIME.—About 40 minutes. QUANTITY, about ½ pint.

SOUBISE SAUCE (White Onion Sauce).

INGREDIENTS.—½ pint of Béchamel sauce or other good white sauce, 2 tablespoonfuls of white stock, 2 Spanish onions, sugar, salt and pepper.

METHOD.—Peel and parboil the onions in salted water, then drain well and chop them finely. Put the prepared onions and stock into a stewpan, cover closely, cook slowly until reduced to a pulp, and add the sauce. Simmer gently until reduced to the right consistency, add a pinch of sugar, and season to taste.

TIME.—About 1 hour. QUANTITY, about ½ pint.

BACON AND HAM.

SIDE OF BACON. 1 Forelock. 2 Collar. 3 Streaky. 4 Prime Back. 5 Small Back. 6 Flank. 7 Long Back. 8 Gammon. 9 Corner.

SPANISH SAUCE.
See **Espagnole Sauce.**

SWEET PUDDINGS, SAUCE FOR.

INGREDIENTS.—2 oz. of butter, 2 oz. of castor sugar, a wineglass of brandy or rum, a tablespoonful of hot milk or water.

METHOD.—Beat the butter to a cream, add the sugar and brandy or rum, also a tablespoonful of hot milk or water, stir until the whole is thoroughly mixed, and serve. This sauce may be poured round the pudding or served in a sauce-boat.

TIME.—About 10 minutes. QUANTITY, about ¼ pint.

TARTARE SAUCE (For Fried and Grilled Fish, certain Meats and Salads).

INGREDIENTS.—½ pint of mayonnaise sauce, 1 tablespoonful of chopped gherkin or capers, ½ a teaspoonful of very finely-chopped shallot (this may be omitted).

METHOD.—Stir the gherkin and shallot lightly into the mayonnaise, and use as required.

TIME.—About 25 minutes. QUANTITY, about ½ pint.

TOMATO SAUCE (For Fish, Meat, Poultry, and certain Vegetables).

INGREDIENTS.—½ lb. of tomatoes, 1 shallot, 1 bay-leaf, 1 sprig of thyme, 5 peppercorns, ½ oz. of butter, 1 oz. of lean ham, 1 dessertspoonful of flour, 1 dessertspoonful of vinegar, salt and pepper.

METHOD.—Melt the butter in a stewpan, add the ham cut small, and the shallot chopped. Cook over the fire, but do not brown. Now add the seasoning, herbs, peppercorns, and tomatoes sliced, sprinkle over the flour, stir all together, and boil for about 20 minutes, or until well reduced. Pass the sauce through a tammy-cloth, warm up, season to taste.

TIME.—About 30 to 35 minutes. QUANTITY, about ½ pint.

VANILLA SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—1 pint of milk, 1 egg, 1 oz. of sugar, ½ oz. of cornflour, a few drops of vanilla essence.

METHOD.—Mix the cornflour smoothly with a little of the milk. Have ready a saucepan of boiling water, put the remainder of the milk into a jug, and stand the jug in the boiling water until the milk is quite hot. Add the sugar to the milk, also add the moistened cornflour, and stir until it thickens. Beat the egg in a basin, and add 2 or 3 tablespoonfuls of the sauce to it gradually. Pour into the jug and stir for a few minutes to cook the egg, then add the vanilla essence.

TIME.—About 40 to 60 minutes. QUANTITY, about 1 pint.

VENISON SAUCE (For Mutton or Venison).

INGREDIENTS.—1 small onion, 1 oz. of lean ham, 1 oz. of butter, ½ gill of vinegar, 12 crushed peppercorns, 1 bay-leaf, ½ a small minced carrot, a little thyme and chopped parsley, ½ pint of Espagnole sauce, ½ a glass of port wine (optional), 1 dessertspoonful red currant jelly.

METHOD.—Mince the onion and the ham, fry them in butter, then add the vinegar, peppercorns, bay-leaf, carrot, and herbs. Cover the saucepan and simmer about 10 minutes. Then add the sauce, wine (if used), and jelly. Cook for about 10 minutes, skim and strain. Reheat, season, and serve.

TIME.—From 30 to 35 minutes.

VINAIGRETTE SAUCE (For Asparagus, Calf's Head, Brains, etc.).

INGREDIENTS.—4 tablespoonfuls of salad-oil, 2 tablespoonfuls of tarragon vinegar, ½ a teaspoonful each of finely-chopped gherkin, shallot, parsley, salt and pepper.

METHOD.—Mix all well together, and use as required.

TIME.—About 5 minutes. QUANTITY, about 1 gill.

WHITE SAUCE FOR PUDDINGS.

INGREDIENTS.—½ pint of milk, 1 dessertspoonful of cornflour, sugar, 2 or 3 strips of lemon-rind, salt.

METHOD.—Blend the cornflour smoothly with a little cold milk, and put the remainder into a saucepan. Add the lemon-rind and a pinch of salt, simmer gently for about 10 or 15 minutes, then strain over the blended cornflour, stirring meanwhile. Return to the saucepan, sweeten to taste, simmer gently for about 5 minutes, and use as required. Any other flavourings may be substituted.

TIME.—About 20 minutes.

WHITE SAUCE WITHOUT STOCK.

INGREDIENTS.—½ oz. of butter, ½ oz. of flour, about ½ pint of milk, 1 small onion stuck with a clove, a few parsley leaves tied in a bunch, ½ a small bay-leaf, 1 small blade of mace, seasoning.

METHOD.—Boil the milk with the vegetable and seasoning for about ½ an hour. Melt the butter in another saucepan, stir in the flour, and cook for a few minutes without allowing it to brown, add the milk gradually, stir until it boils, simmer for about 20 minutes. Strain the sauce, use as required, adding seasoning to taste.

TIME.—About 40 to 50 minutes.

WHITE SAUCE (For Vegetables, Veal, Rabbit, etc.).

INGREDIENTS.—1 oz. of butter, 1 oz. of flour, ½ pint of milk, ½ gill of white stock, ½ a bay-leaf, salt, and white pepper.

METHOD.—Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown. Dilute with the milk, stir till it boils, then add the stock and bay-leaf, and let simmer for 10 minutes. Remove the bay-leaf, season and strain.

TIME.—About 25 to 35 minutes.

WINE SAUCE (For Sweet Puddings, etc.).

INGREDIENTS.—½ pint of water, 1 glass of sherry, 1 tablespoonful of any kind of jam, 1 tablespoonful of castor sugar, lemon-juice to taste.

METHOD.—Put the sugar and water into a saucepan, and simmer for about 10 minutes, then add the rest of the ingredients, bring to the boil, strain, and serve.

TIME.—About 15 minutes.

STORE SAUCES, CONDIMENTS, ETC.

ANCHOVY KETCHUP.

INGREDIENTS.—1 quart of good ale, ¼ lb. of anchovies, 3 finely-chopped shallots, 3 tablespoonfuls of mushroom ketchup, ½ a teaspoonful of castor sugar, ½ a teaspoonful of ground ginger, ¼ of a teaspoonful of ground mace, 2 cloves.

METHOD.—Put all these ingredients into a stewpan, simmer very gently for about 1 hour, and strain. When quite cold, pour the ketchup into small bottles, cork and store.

TIME.—From 3 to 4 hours.

FISH CONDIMENT SAUCE.

INGREDIENTS.—1 quart of malt vinegar, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, 1 oz. of cayenne, 1 clove of garlic, 2 shallots sliced.

METHOD.—Put all the ingredients into a large bottle, and shake them daily for a fortnight. When ready, strain into small bottles, cork securely, and store for use.

TIME.—About 14 days. QUANTITY, about 1 quart.

HARVEY SAUCE (For Cold Meat and Salads).

INGREDIENTS.—1 quart of good vinegar, 3 anchovies, 1 tablespoonful of soy, 1 gill of walnut ketchup, 1 finely-chopped shallot, 1 finely-chopped clove or garlic, ¼ of an oz. of cayenne, a few drops of cochineal.

METHOD.—Cut each anchovy into 3 or 4 pieces, place them in a wide-necked bottle or unglazed jar, add the shallots, garlic and the rest of the ingredients, and cover closely. Let the jar stand for about 14 days, during which time the contents must be either shaken or stirred at least once a day. At the end of this time strain into small bottles, cork them securely, and store the sauce in a cool, dry place.

TIME.—About 2 weeks. QUANTITY, about 2½ pints.

HORSERADISH VINEGAR.

INGREDIENTS.—8 oz. of grated horseradish, 1 tablespoonful of finely-chopped shallots, 1 heaped teaspoonful of salt, ½ a teaspoonful of cayenne, 4 pints of good malt vinegar.

METHOD.—Mix the horseradish, shallots, salt, and cayenne together, boil the vinegar and pour it over them, cover closely, and allow the vessel to stand in a warm but not hot place for about 10 days. Strain the vinegar into a stewpan, bring to boiling point, let it cool, then pour into small bottles, cork closely, and store in a cool, dry place.

TIME.—About 10 days. QUANTITY, about 2 quarts.

INDIAN MUSTARD.

INGREDIENTS.—¼ of a lb. of mustard, ¼ of a lb. of flour, ½ an oz. of salt, 4 shallots chopped, 1 gill of vinegar, 4 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of anchovy sauce.

METHOD.—Put the mustard, flour, and salt into a basin, and mix them into a smooth paste with hot water. Boil the shallots with the vinegar, ketchup and anchovy sauce for about 10 minutes, then add the blended flour, etc., and stir and simmer gently for a few minutes. When quite cold pour the preparation into small bottles, cork them tightly, and store in a cool, dry place.

TIME.—About ½ an hour. QUANTITY, about 1 gill.

MUSHROOM KETCHUP.

INGREDIENTS.—7 lb. of fresh mushrooms, ½ lb. of salt. To 1 quart of mushroom liquor add ½ oz. of allspice, ½ oz. of ground ginger, ½ of a teaspoonful of pounded mace, ½ of a teaspoonful of cayenne.

METHOD.—Mushrooms intended for this purpose should be gathered on a dry day, otherwise the ketchup will not keep. Trim the tips of the stalks, but do not wash or peel the mushrooms; simply rub any part not quite clean with a little salt. Place them in a large jar, sprinkling each layer liberally with salt. Let them remain for 3 days, stirring them at least 3 times daily. At the end of that time, cook them very gently either on the stove or in a cool oven until the juice flows freely, then strain the mushrooms through a clean cloth, and drain well, but do not squeeze them.

Replace the liquor in the jar, add allspice, ginger, cayenne, and mace as stated above, place the jar in a saucepan of boiling water and cook very gently for 3 hours. Strain 2 or 3 times through fine muslin; when quite cold, pour into small bottles, cork securely, and store.

TIME.—3 or 4 days. QUANTITY, about 3 quarts.

READING SAUCE.

INGREDIENTS.—1 quart of walnut pickle, 1 quart of cold water, ½ a pint of soy, 1½ oz. of shallots, ½ oz. of whole ginger bruised, ½ an oz. of capsicums, 1 oz. of mustard seed, ½ an oz. of cayenne, ½ of an oz. of bay-leaves, 1 tablespoonful essence of anchovy.

METHOD.—Peel the shallots, chop them finely, place them in a fireproof jar with the liquor strained from the walnuts, and simmer gently until considerably reduced. In another fireproof jar, put the water, soy, ginger, capsicums, mustard-seed, cayenne, and essence of anchovy, bring to the boil, and simmer gently for about 1 hour. Now mix the contents of the two jars together, and continue the slow cooking for about ½ an hour longer. Let the jar remain closely covered in a cool place until the following day, then add the bay-leaves, replace the cover, and allow the jar to remain undisturbed for 7 days. At the end of this time strain off the liquor into small bottles, and store for use.

TIME.—7 to 8 days. QUANTITY, about 5 pints.

SOY, INDIAN.

This sauce is usually bought ready prepared. It is imported from China and Japan, where it is made from a small bean, the produce of Dolichos Soja. Japanese soy is usually preferred to that of China, because it is free from the sweet treacly flavour which distinguishes the latter.

TARRAGON VINEGAR.

INGREDIENTS.—½ lb. of tarragon leaves, 2 quarts of vinegar.

METHOD.—Tarragon leaves intended for this purpose should be gathered on a dry day about the end of July, just before the plant begins to bloom. Remove the stalks, bruise the leaves slightly, put them into a wide-necked bottle, and cover them with vinegar. Cover closely, so as to exclude the air completely, and let the bottle stand in a cool, dry place for 7 or 8 weeks. Now strain the liquid through fine muslin until it is quite clear, put it into small bottles, cork tightly, and store them in a cool, dry place.

TIME.—2 months. QUANTITY, 2 quarts.

TOMATO SAUCE.

INGREDIENTS.—12 large tomatoes, 2 Spanish onions, 1 oz. of salt, ½ a teaspoonful of cayenne, 1 pint of vinegar.

METHOD.—Peel the onions, slice them thinly, place them in a stew-jar with the tomatoes, and cook in a slow oven until tender. Pass the pulp through a fine hair sieve, put it into a stewpan with the vinegar, salt and cayenne, and simmer gently for about 10 minutes. Store for use in air-tight bottles.

TIME.—About 2 hours. QUANTITY, about 3 pints.

WALNUT KETCHUP.

INGREDIENTS.—100 green walnuts, 2 quarts of good vinegar, 3 oz. of salt, 4 oz. of anchovies, 12 finely-chopped shallots, ½ a stick of finely-grated horseradish, ½ a teaspoonful each of mace, nutmeg, ground ginger, ground cloves, and pepper, ½ pint of port.

METHOD.—The walnuts must be very young and tender. Bruise them slightly, put them into a jar with salt and vinegar, and let them remain for 8 days, stirring them daily. Drain the liquor from them into a stewpan, add to it the rest of the ingredients, simmer very gently for about 40 minutes, and when cold strain the preparation into small bottles. Cork, seal, and store in a cool, dry place.

TIME.—8 to 9 days.

WORCESTER SAUCE.

INGREDIENTS.—1 pint of best brown vinegar, 3 tablespoonfuls of walnut ketchup, 3 tablespoonfuls of essence of anchovy, 2 tablespoonfuls of soy, ¼ of a teaspoonful of cayenne, 2 very finely-chopped shallots, salt to taste.

METHOD.—Put all these ingredients into a large bottle, and cork it closely. Shake it well 3 or 4 times daily for about 14 days, then strain into small bottles, cork tightly, and store in a cool, dry place.

TIME.—About 2 weeks.

RECIPES FOR FORCEMEATS.

CHESTNUT STUFFING (For Roast Turkey).

INGREDIENTS.—2 lb. of chestnuts, ½ pint of stock or water, 1 oz. of butter, a good pinch of sugar, salt and pepper.

METHOD.—Cut off the tops of the chestnuts, and bake or roast them for about 20 minutes. Remove both the outer and inner skins, put the chestnuts into a stewpan, add the stock (no more than will barely cover them), and simmer until they become tender and dry. Rub through a fine sieve, add the butter, salt and pepper, and use as required.

TIME.—About 1 hour. SUFFICIENT for a medium-sized turkey.

FISH FARCE (Whiting or other Fish).

INGREDIENTS.—½ lb. of uncooked fish (two whitings), ¼ pint of milk or fish stock, 2 oz. of flour, 1 oz. of butter or good fat, 2 eggs, pepper and salt.

METHOD.—Melt the butter or fat, stir in the flour, add the milk or stock, and cook until the panada forms a compact mass round the bowl of the spoon. Pound the fish and the panada well together, add the eggs one by one, season well, and pass the ingredients through a wire sieve. A lighter mixture may be obtained when required by pounding 3 yolks with the fish and mixing the 3 whites (stiffly whisked) after passing the mixture through the sieve.

TIME.—About 35 minutes. SUFFICIENT for about 1 lb. of farce.

FORCEMEAT (For Baked Fish).

INGREDIENTS.—3 oz. of breadcrumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 oz. of chopped suet, salt and pepper, ground mace to taste, 6 tablespoonfuls of milk, the yolks of 2 eggs.

METHOD.—Beard and mince the oysters, prepare and mix the other ingredients, and blend the whole thoroughly together. Moisten with the milk and eggs, put all into a stewpan, and stir the mixture over the fire till it thickens.

TIME.—About 4 or 5 minutes to thicken. SUFFICIENT for a moderate-sized pike.

HAM FORCEMEAT (For Veal, Turkey, Fowl, Hare).

INGREDIENTS.—2 oz. of ham or lean bacon, 4 oz. of suet, 4 oz. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, the grated rind of ½ a lemon, a good pinch of nutmeg, a good pinch of mace, 2 eggs, or 1 egg and a little milk, salt and pepper.

METHOD.—Chop the ham and suet finely. Mix all the dry ingredients well together, add the egg, season to taste, mix well, and use as required. When the mixture is intended for balls, the consistency should be tested by poaching a small quantity in boiling water.

TIME.—About 20 to 30 minutes. SUFFICIENT for about 1 lb.

OYSTER FORCEMEAT (For Roast or Boiled Turkey).

INGREDIENTS.—18 sauce oysters, ½ pint of breadcrumbs, 2 oz. of finely-chopped suet, ½ a teaspoonful of mixed herbs, a good pinch of nutmeg, salt and pepper, 1 egg, and a little milk (or oyster liquor).

METHOD.—Beard the oysters, put any liquor from them into a saucepan, add the beards, and simmer for about 10 minutes. Cut the oysters into small pieces, mix with them the breadcrumbs, suet, herbs, nutmeg, and seasoning. Add the egg and sufficient milk or oyster liquor thoroughly to moisten the whole, and mix well.

TIME.—From 30 to 40 minutes. SUFFICIENT for 1 turkey.

PORK STUFFING.

INGREDIENTS.—1 lb. of onions, 4 tablespoonfuls of breadcrumbs, 2 oz. of butter or good fat, a teaspoonful of powdered sage, salt and pepper.

METHOD.—Cut the onions into slices, cover them with cold water, bring to the boil, cook for about 5 minutes, then strain and drain well. Melt the butter or fat in a stewpan, and fry the onions for about 15 minutes without browning. Add the breadcrumbs, sage, and seasoning, mix well, and use as required.

TIME.—About ½ an hour. SUFFICIENT for a leg or loin of pork.

SAGE AND ONION STUFFING (For Roast Goose, Duck, Pork).

INGREDIENTS.—4 large onions, 10 sage leaves, ½ of a lb. of breadcrumbs, 1½ oz. of butter or good fat, salt and pepper to taste, 1 egg. Where economy is studied, the egg and butter may be dispensed with.

METHOD.—Peel the onions, put them into boiling water, let them simmer for about 5 minutes or rather longer, and, just before they are taken out, put in the sage leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter or fat, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage leaves should be very finely chopped. Many cooks do not parboil the onions but use them raw, the stuffing then is not nearly so mild, and, to many tastes, its strong flavour would be very objectionable.

TIME.—About 5 minutes, to simmer the onions. SUFFICIENT for 1 goose, or a pair of ducks.

VEAL FARCE (For Quenelles.)

INGREDIENTS.—½ lb. of lean veal, ½ lb. of veal suet finely chopped, 3 oz. of soaked bread, 2 eggs, a little grated nutmeg, salt and pepper.

METHOD.—Pass the meat 2 or 3 times through a mincing machine or chop it finely; then pound the suet and veal together in a mortar. Add the eggs one at a time, and the bread in small portions. Also add about ¼ pint of cold water, but before using the whole, poach a little of the mixture in boiling water to test the consistency; if too soft, add a little more bread; if too stiff, a little more water.

TIME.—About 45 minutes.

Note.—To shape Quenelles, *see* Quenelles of Veal, p. 143.

VEAL FORCEMEAT.

INGREDIENTS.—4 tablespoonfuls of freshly-made breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, 1 teaspoonful of powdered thyme, ½ of a teaspoonful of grated lemon-rind, 1 egg and a little milk, a good pinch of nutmeg, salt and pepper.

METHOD.—Mix all the dry ingredients well together, add the egg and sufficient milk thoroughly to moisten the whole, season to taste.

TIME.—About 20 to 30 minutes. SUFFICIENT for about ½ lb.

WHITING FORCEMEAT (For Fish Creams and Moulding purposes).

INGREDIENTS.—1 whiting, 2 oz. of panada or soaked bread, 1 oz. of butter or good fat, Béchamel sauce, 1 egg, 1 tablespoonful of cream or milk.

METHOD.—Remove the meat from the whiting, pound it in a mortar, with 2 oz. of panada and 1 oz. of butter or fat, and rub all through a fine sieve. Put this preparation into a basin, and work in gradually 1 tablespoonful of well-reduced cold Béchamel sauce, 1 whole egg, and cream or milk. Season with pepper, salt, and a little grated nutmeg. Test the farce before using, and if not sufficiently firm add another yolk of egg.

TIME. About 1 hour.

HORS D'ŒUVRES.

The Hors d'Œuvre course forms a so-called prelude to a complete dinner and consists of a variety of little dishes, both plain and dressed. These dishes, to the thoughtful cook, present one of the best opportunities for showing skill and originality in combination and garnish.

Whatever the hors d'œuvre may consist of, let it be remembered that these little side dishes are intended to stimulate, and not to satisfy the appetite, i.e., they must be tempting and smart in appearance, and the portions must be very small, so as not to impair the enjoyment of the remainder of the meal.

These dishes are frequently placed on the table before the guests enter the dining-room, and when dressed in a pretty and dainty manner add greatly to the effective decoration of the table.

ANCHOVY EGGS.

INGREDIENTS.—2 anchovies, 2 hard-boiled eggs, 1 tablespoonful of white sauce, ½ a teaspoonful of essence of anchovy, watercress, cayenne.

METHOD.—Cut the eggs across in halves, remove the yolks carefully, and cut off the extreme end of each half to enable them to stand firmly. Wash, bone and dry the anchovies, chop them coarsely, and pound them with the yolks of eggs till smooth. Add the anchovy-essence and the white sauce gradually until a moist paste is formed; then season to taste, and rub through a hair sieve. Fill the white of egg cases with the preparation, garnish with watercress seasoned with oil and vinegar.

TIME.—About ½ an hour. SUFFICIENT for 4 persons.

BEETROOT CASSOLETTES.

INGREDIENTS.—Cooked beetroot, vinegar marinade. For the salpicon: anchovy fillets, hard-boiled white of egg, gherkins, salt, pepper, oil, vinegar, chopped parsley, and other herbs.

METHOD.—Cut 8 or more cassolette shapes from the cooked beetroot, and steep them in the vinegar marinade. Prepare the salpicon by cutting the ingredients into slices or julienne strips. Season with salt, pepper, oil and vinegar, and mix with the parsley and other herbs. Drain the cassolettes and fill them with the salpicon. Dish up, garnish, and serve very cold.

TIME.—About 1 hour. SUFFICIENT, allow 1 for each person.

BEETROOT, DRESSED.

INGREDIENTS.—½ a small beetroot, 1 anchovy, 1 hard-boiled egg, ½ a tablespoonful of finely-chopped capers, 1 very finely-chopped small shallot, anchovy-essence, lemon-juice, brown bread, butter, pepper, cayenne, salt.

METHOD.—Prepare thin slices of bread-and-butter, cut from them 5 or 6 rounds about 1¼ inches in diameter, and cover them with slices of beetroot of corresponding size and thickness. Cut the egg across into thin slices, select 5 or 6 of suitable size, remove the yolk, and place the rings of white of egg on the croûtes, leaving visible a narrow margin of beetroot. Pass

the remainder of the egg through a sieve, mix with it the capers and shallot, add a few drops of lemon-juice and sufficient anchovy-essence to form a moist paste. Season to taste, pile the preparation in the centre of the croûtes, garnish with fine strips of anchovies, and serve.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

BUTTER AS HORS D'ŒUVRES.

A number of simple hors d'œuvres may be prepared with various kinds of compound butters, such as Montpellier, anchovy, lobster, crayfish, shrimp ravigote, maître d'hôtel, or horseradish butter. Any of the above-named can be shaped into little balls, tiny pats, or cubes, and served on little squares of crisp toast, very small lunch biscuits, or thin Parmesan cheese biscuits.

Little balls of fresh butter are sometimes dished neatly on small china or glass hors d'œuvre dishes. In that case, little pieces of crisp toast or thin, dry biscuits should be handed round at the same time.

CELERY À LA GRECQUE.

INGREDIENTS.—The heart portion of 2 heads of white celery, Vinaigrette sauce, 1 dessertspoonful, finely-chopped fennel leaves.

METHOD.—Clean the celery and shred finely. Put into a pie-dish and pour over a well-made "Vinaigrette." Sprinkle the chopped fennel leaves over, cover, and allow to stand for about 2 hours, range on a hors d'œuvre dish, and serve.

TIME.—About 2½ hours. SUFFICIENT for 4 or more persons.

CHEESE ZÉPHIRES

INGREDIENTS.—1½ heaped tablespoonfuls of Parmesan cheese, ½ oz. of gelatine, ¼ of a pint of cream, ¼ of a pint of milk, cayenne, salt.

METHOD.—Soak the gelatine in the milk for ½ an hour, then stir it over the fire until it is dissolved. Let it cool, add the cheese, the cream previously stiffly-whipped, and seasoning to taste. Turn into oval fluted zéphire moulds, set on ice until firm, then unmould, and serve garnished with chopped aspic jelly and shredded truffle and pimento.

TIME.—About 4 hours. SUFFICIENT for 3 or 4 persons.

Note.—By changing the shape of the mould the term Zéphire may be applied to many of the preparations described as Darioles, Timbales and Soufflés.

CUCUMBER.

INGREDIENTS.—1 small cucumber, salad-oil, French wine vinegar, chopped parsley, salt.

METHOD.—Peel the cucumber thinly and cut into thin slices. Lay the slices on a dish, and sprinkle with salt, cover, and let them remain thus for 1 or 2 hours. Drain well, dish up on small glass dishes, season with a little salad-oil and French wine vinegar. Sprinkle over some chopped parsley, and serve.

TIME.—About 2 hours. SUFFICIENT for 5 or 6 persons if served as hors d'œuvre.

EGGS À LA DIJON.

INGREDIENTS.—2 hard-boiled eggs. For the mixture: cooked ham, foie gras, truffle, mushrooms, seasoning.

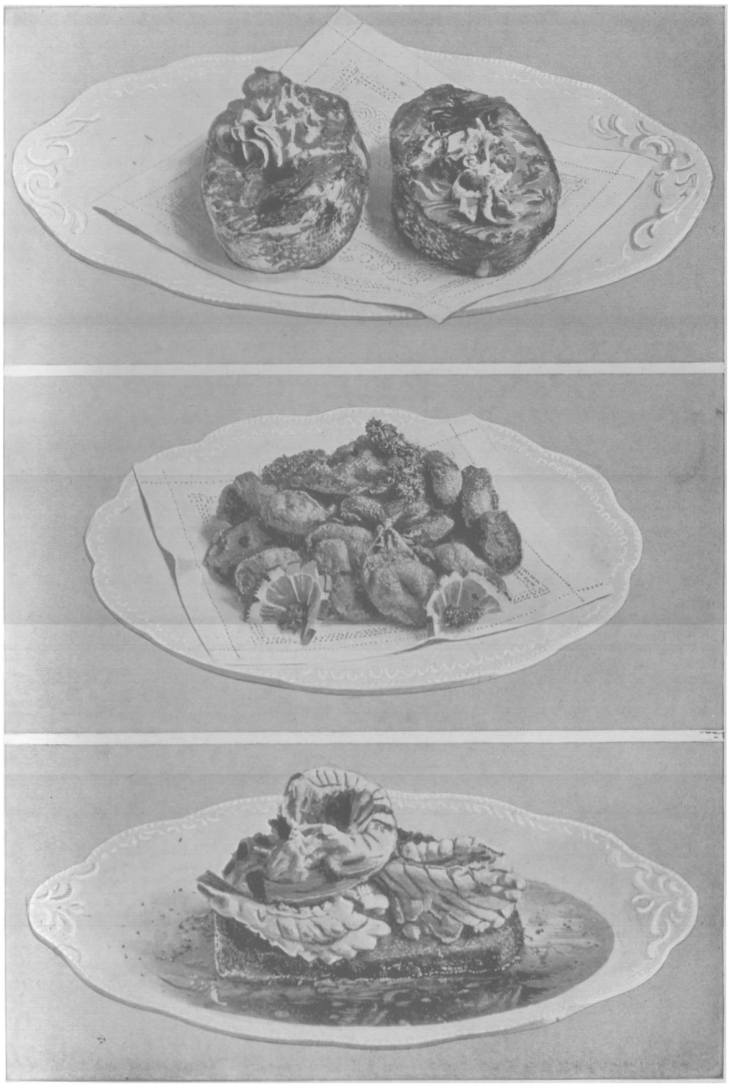
METHOD.—Cut the eggs in halves, remove the yolk, and cut small thin slices off the bottom to make them stand properly. Make a purée of the ham, and mix with the foie gras, add the truffle and mushroom chopped, and season. Fill the white of egg with the mixture. Garnish suitably, and serve.

TIME.—About ½ an hour. SUFFICIENT for 4 persons.

EGGS À L'OLIVIA.

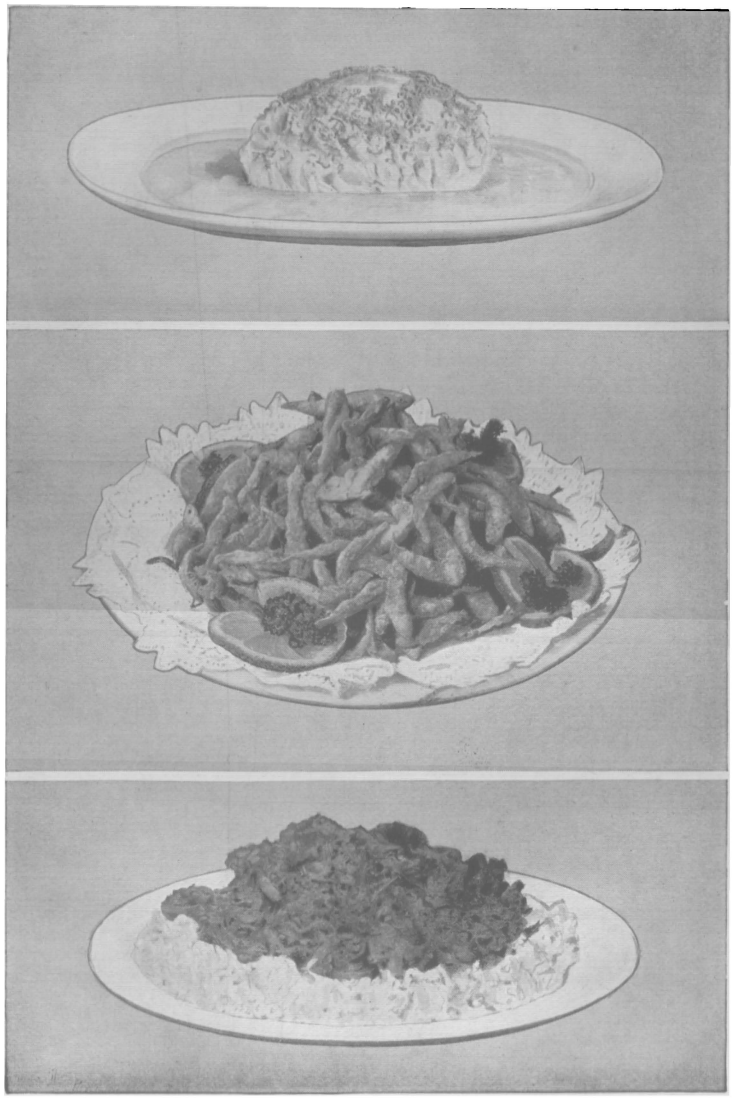
INGREDIENTS.—2 or 3 hard-boiled eggs, rounds of toasted bread or plain biscuits, cooked ham, spanish olives, Mayonnaise sauce.

METHOD.—Cut the eggs into ½-inch thick slices, remove the yolk,



1. Salmon Cutlets. 2. Fried Oysters. 3. Skate with Butter.

FISH



1. Boiled Cod. 2. Whitebait. 3. Curried Cod with Rice.

and place the whites on the rounds of toast or biscuits. Make a purée of the ham, and add the olives chopped. Season with mayonnaise sauce. Fill the cavities with this mixture. Place a ring of olives on top of each, with a dot of pimento.

TIME.—About ½ an hour. SUFFICIENT, allow 1 for each person.

FOIE GRAS AS HORS D'ŒUVRE.

Foie gras or goose liver, either in the form of pâté or sausage, is frequently served as hors d'œuvre. A pâté or terrine may be served plain after removing the fat on its surface, or scooped out by means of a dessertspoon previously dipped in hot water, and then dressed neatly on a dish, and garnished with parsley. Foie gras sausage must be cut into thin slices, dished up and similarly garnished. In all cases, foie gras must be served very cold, and should be kept on ice until required.

HERRING ROLLS.

INGREDIENTS.—2 salt herrings, 2 small filleted anchovies, a pinch of cayenne, 1 hard-boiled egg, ½ a lemon, ½ oz. of butter, parsley, beetroot and gherkins.

METHOD.—Steep the herrings in cold water for a few hours; fillet them, removing the white skin and all bones; cut each lengthways in two and pare neatly. Put the trimmings of the fillet into a mortar, together with the anchovies, and pound till smooth; add the yolk of the hard-boiled egg and the butter, season to taste (no salt), and mix thoroughly. Rub this through a fine sieve with a layer of the purée; roll up neatly. Dip the ends into finely-chopped hard-boiled white of egg. Dish up, sprinkle over some lemon-juice, garnish with thinly-cut slices of lemon, gherkin, beetroot and parsley. Serve cold.

TIME.—About ½ of an hour. SUFFICIENT, allow 1 for each person.

MELON (Melon Cantaloup).

There are various kinds of melon served as hors d'œuvre, the Cantaloup and English rock melon being the most favoured. They must not be over-ripe, and should be served as fresh as possible, and above all, very cold.

During the summer some crushed or shaved ice is usually put round the dish on which the slices of melon are served.

OLIVES.

Both Spanish and French olives are suitable for hors d'œuvres, the Spanish being the most esteemed. They should remain on the table until the dessert is served. It is claimed that olives destroy the taste of what has been previously eaten, hence they are so popular as a relish. Choose them firm, and a nice green colour. Steep them in cold water before serving, dish up on small dishes or boats with a little cold water. Never use a metal fork or spoon to dress them. Those left over from a meal should be re-bottled at once with salted water, else they will turn black.

OYSTERS.

There are many ways of dressing oysters, either hot or cold, but only one way of serving them, "au naturel," which is considered the most popular hors d'œuvre. Only the best kinds, natives—Whitstable or Colchester oysters, should be served "au naturel," i.e., raw. All they need, after being opened, is to be placed on the upper shell with a little of the liquor; they are then ranged on a dish, garnished with sprigs of fresh parsley, and, if possible, surrounded with shaved ice.

Some very thinly cut slices of buttered brown bread, and quarters of lemon are handed round at the same time; also Nepaul or cayenne pepper.

PRAWNS AND SHRIMPS.

These make an excellent hors d'œuvre, and need no preparation beyond being dressed neatly overlapping each other on small hors d'œuvre dishes.

As an alternative, ½ a lemon studded with prawns, placed in the centre of a flat dish, and surrounded with prawns or pink shrimps, and garnished with parsley, makes a pretty dish.

PRAWNS IN SAVOURY JELLY.

INGREDIENTS.—Aspic jelly, lobster coral, chopped gherkins or olives, picked prawns, green butter, bread.

METHOD.—Line some small dariole-moulds with a thin layer of aspic jelly, and when nearly set, sprinkle over with chopped lobster coral and chopped gherkins or olives. Place 2 or 3 picked prawns in each mould and fill up with aspic jelly. Put the moulds on ice to get firm. Prepare as many fried-bread croûtons (round) as there are moulds. Mask 1 side of each with green butter. Turn out the moulds and place 1 on the centre of each croûte. Dish up, and serve.

TIME. About 1 hour. SUFFICIENT, allow 1 for each person.

RADISHES.

Choose small, round and firm radishes of a light red and white colour. Trim and wash them in plenty of water (the outer skins should be scraped off and the leaves cut to an inch in length). Dish up in little boats or glass dishes, with a little cold water.

SALADS.

See **Salad Section.**

SARDINES, SMOKED.

Smoked sardines, also Royans and Kieler Sprotten, are of excellent flavour. This is caused by the process of smoking prior to being put in olive oil, which gives the fish a distinctive flavour. They may be served plain or treated in the same way as ordinary sardines.

SHRIMPS.

See **Prawns.**

SOUSED FISH.

INGREDIENTS.—Boiled fish (or other fish left over), fish stock, vinegar, a few leaves of fennel, bay-leaf, 2 cloves, 1 dozen peppercorns, 2 slices of lemon, salt.

METHOD.—Place the neatest pieces of fish in a deep dish. Boil up the fish stock with an equal quantity of vinegar, and the herbs, lemon, and seasoning. Pour over the fish, turn same over gently from time to time so that the seasoning gets saturated.

SWEDISH HORS D'ŒUVRE.

INGREDIENTS.—2 oz. of cooked cold chicken, 1 fillet of smoked herring, 1 small cold boiled potato, 2 slices of pickled beetroot, a little Mayonnaise sauce, 1 small hard-boiled egg.

METHOD.—Cut the chicken, herring, potato, and beetroot into small slices, and season with the Mayonnaise sauce. Mix well, and place on little hors d'œuvre dishes. Decorate with the finely-chopped yolk and white of hard-boiled egg.

TIME.—About 15 minutes. SUFFICIENT for 3 or 4 persons.

TOMATOES WITH SHRIMPS.

INGREDIENTS.—2 medium-sized ripe tomatoes, picked shrimps, salt, pepper, salad dressing, cucumber, parsley.

METHOD.—Peel the tomatoes, cut them in halves, and remove or scoop out the interior (pulp portion) of each. Fill them with a salad composed of picked shrimps, suitably seasoned with salt, pepper, and salad dressing. Place a thinly-cut slice of cucumber on the top of each, and garnish with parsley.

TIME.—About ½ an hour. SUFFICIENT for 4 persons.

FISH.

FISH AS FOOD.

SPEAKING generally, fish is less sustaining than meat, yet in fishing hamlets, where little or no animal food is taken, the health and vigour of the inhabitants are excellent.

The white fish such as sole, whiting, plaice, haddock, halibut, turbot, brill, ling, skate, and cod, contain little or no oil in their tissues, and they are therefore of less nutritive value, but more easily digested than the oily salmon, mackerel and herring. The delicate fibre of the sole and whiting allow them to be easily digested, hence their value in the diet of the sick and convalescent. Turbot and halibut are usually outside the limits of a slender purse, but cod, hake and haddock provide a fairly cheap and substantial meal when combined with a rice or suet pudding. Salmon contains a large amount of nourishment, but both it and mackerel are apt to disagree with a delicate digestion. Herring is said to be more nourishing and cheaper than any other fish.

Oysters are very nourishing, and easily digested in a raw state. Other shell fish may be more or less indigestible, and should be avoided by all whose digestion is weak.

TO CHOOSE FISH.

(1) Flesh should be firm, eyes bright, and gills red.

(2) A proof of freshness in most fish is in their being covered with scales.

(3) Avoid very large fish, for if old their fibres may be tough.

(4) A flat fish should be thick in proportion to its size. Fish should have large girth, rather than great length.

(5) Large herrings, large whiting, small fresh haddocks, soles and plaice of medium size should be selected.

(6) Lobsters and crabs should be heavy in proportion to size.

TO KEEP FISH.

All oily fish should be eaten as fresh as possible. If kept, they should be cleaned and wiped very dry, and kept in a cool place.

Turbot, brill, and halibut may be kept in a cool place for a day or two with advantage. A whole fish should be hung up by the tail. Fish that is not quite fresh may be improved by thorough washing in vinegar and water.

TO PREPARE FISH FOR COOKING.

A whole fish may be well washed before skinning without damaging its flavour, but a piece of fish should be quickly washed and immediately dried. The fins should be cut off, and all scales removed, using the back of a knife for this purpose.

The dark under-skin of a sole is nearly always removed by the fishmonger. To remove the upper one, make a slit just above the tail, run a finger round the edge to loosen the skin, then, holding the sole firmly by the tail, draw the skin off from tail to head. Reverse this process with a whiting, and pull the skin from head to tail. Plaice is usually filleted without removing

the skin, although it is better to strip the dark skin off the back.

TO FILLET FISH.

To fillet a sole, plaice, or other flat fish, place the fish flat on a board or table, and with the point of a knife cut from head to tail down the backbone. Insert the knife in the slit made, and carefully cut the fish from the bone, keeping the knife pressed lightly against the bone meanwhile. Remove the fillets, trim them neatly, and cut them into suitable pieces.

TO CURE FISH.

Empty, wash and scale the fish, and, if large, cut it down the back. Rub it inside and out with common salt, and let it hang in a cool place for 24 hours. Mix together 1 oz. of bay-salt, ½ an oz. of saltpetre, ½ an oz. of brown sugar, and rub the fish well with the preparation. Place it on a large dish, cover it lightly, but completely, with salt, and allow it to remain undisturbed for 48 hours. Turn the fish over, cover it with fresh salt, and let it remain for 24 hours longer. Drain and well dry the fish, stretch it on sticks, and keep it in a dry, cool place. When kept for a great length of time, it will be necessary to well soak the fish before cooking.

TO SALT FISH.

The following method of salting fish is particularly suited to herrings, mackerel, and other small varieties. Choose fish that is perfectly fresh, empty, scale and clean, but do not wash them. Make a brine sufficiently strong to float an egg, put in the fish, which should be completely covered, and let them remain in the brine for 18 hours. When ready drain well, place them in layers in an earthenware vessel, covering each layer thickly with salt. Cover closely completely to exclude the air, and store in a cool, dry place. The fish must be well soaked before cooking.

GENERAL INSTRUCTIONS FOR COOKING FISH.

Fish, to Boil.—In boiling fish it is advisable to use a fish-kettle, provided with a strainer, so that the fish can be gently lifted without breaking. Failing this, the fish should be tied in muslin, and placed on a plate at the bottom of a saucepan. Salmon and salmon trout should be put into boiling salted water to preserve their colour; but other kinds of fish should be placed in warm water, for boiling water has a tendency to break the skin, and cold water extracts much of the flavour. Fish should always be gently simmered after boiling point is reached, otherwise it is liable to break. It should also be cooked in the smallest possible quantity of water, which, when practicable, should afterwards form the basis of a fish soup or fish sauce. Lemon-juice or vinegar should be added to the water in which white fish is cooked, as it tends to increase its whiteness. The time required for cooking depends more on the thickness than the weight of the fish, but as soon as the bone separates readily, the fish should be taken from the water and kept covered, on the strainer, placed across the fish-kettle, until required. Fish, when boiled, should always be served on a strainer covered with a folded napkin. It is usually garnished with slices of lemon and tufts of parsley, additional colour being sometimes introduced by means of lobster coral, prawns or crayfish.

Fish, to Fry.—Fish to be fried should be well dried after washing, and it is usually cut into pieces convenient for serving. Although very good results can be obtained by such simple means as a frying-pan and a very small quantity of fat—providing the fat be hot and the fish dry and slightly floured—a deep pan containing sufficient fat to cover the fish completely is desirable. Before frying, the fish should either be dipped into well-seasoned

batter or coated with egg and breadcrumbs, and in the latter case it should first be rolled in a little flour seasoned with salt and pepper, the object being to make it as dry as possible, in order that the breadcrumbs may adhere more firmly. The fat should be very hot at all times, but its temperature must be slightly lower when frying fillets of fish than when frying such things as croquettes, rissoles, etc., which are generally composed of cooked materials. When the surface of a small piece of bread immediately hardens and slightly changes its colour on being immersed in the fat, the temperature is right for raw materials or anything that is thickly coated with batter, but when frying anything of which the exterior alone has to be cooked, it is better to have the fat sufficiently hot at once to brown whatever is immersed in it. Small things are nearly always fried in a wire basket, but fillets of fish are dropped into the fat, and when cooked, taken out on a fish slice. While frying lift the fish out of the fat three or four times, this will make it crisp and light. Anything fried should afterwards be well drained, either on a cloth or kitchen paper. Fish is usually garnished with slices of lemon and parsley, croquettes and other dishes of the same class with parsley alone.

Oil may be strongly recommended for frying, but clarified fat is more generally employed in ordinary households, and for all frying purposes is preferable to lard, which is apt to impart an unpleasant fatty flavour. All fat after being used for frying should be allowed to cool slightly, and afterwards strained into an earthenware vessel. Or, after repeated use, it may be partially purified by straining it into a basin of boiling water, when fragments of fish, breadcrumbs, etc., will sink to the bottom, and may be scraped off as soon as the fat hardens.

Fish, to Grill.—This method of cooking is an extremely simple one when proper appliances are at hand, but when the only means available are those usually found in middle-class kitchens, some little difficulty may be experienced. A clean gridiron and a clear fire are indispensable factors, and the former may be easily secured by heating the gridiron, and afterwards rubbing it repeatedly with soft paper until perfectly clean. No matter how clear and bright the fire may appear, more or less smoke will arise from it, but this may be checked to some extent by throwing on a good handful of salt. Fish intended for grilling should be thoroughly dried, then brushed over with oil or oiled butter, and seasoned with salt and pepper. The grid must be heated and rubbed over on both sides with suet or fat, to prevent whatever is being cooked sticking to it. For the same reason it is necessary to move the meat or fish occasionally, using meat-tongs or a knife for the purpose, thus avoiding making holes through which the juices could escape. Delicate fish is frequently enclosed in oiled paper, and should then be served in the paper in which it was cooked.

Fish, to Steam.—This is a very favourite and excellent way of cooking fish, as, although it is a rather slower process than boiling, the flavour is better preserved, and the danger of the fish being broken is eliminated. Steaming has the further advantage of economy, for a steamer with three or more tiers may be used, necessitating the use of only one gas-ring or electric hotplate to cook fish, vegetables, and perhaps a pudding as well; besides this, food loses less weight and nutriment by steaming than by any other method of cooking, save, perhaps, by stewing.

When only a small quantity of fish has to be steamed the following method is exceedingly easy and gives excellent results:—

Place the fish in a well-greased soup plate, sprinkle it lightly with salt, pepper, and lemon-juice, and cover with a greased paper. Have ready a saucepan containing boiling water, place the plate on the top of it, and cover with another plate or the lid of the saucepan. Cook from about 20 to 30 minutes, turning the fish once during the process. The requisite sauce, seasoned to taste, may then be poured over the fish, which is then ready for serving.

Fish, to Stew.—In stewing it is not necessary to have so great a heat as in boiling. A gentle simmering in a small quantity of fish stock made from bone and fish trimmings, or in milk and water, until the flesh comes easily away from the bones, is all that is required. This is one of the most economical and tasty ways of cooking fish. Cook slowly and long; a large fire is not needed, and no process of cooking is more easy. Never boil a stew; with a gentle heat under the pan we may leave a stew, as one cannot leave a boiling pot, to take care of itself. Fish should invariably be stewed in fire-proof glass or earthenware, or in an enamelled saucepan.

RECIPES FOR COOKING FISH.

(*See also* chapter on **The Art of "Using-up" Cold Remains.**)

ANCHOVIES.

See **Recipes, pp. 103 and 269.**

BLOATERS, GRILLED.

INGREDIENTS.—Bloaters.

METHOD.—Break off the head, split the back, remove the roe, and take out the backbone. Place the fish, inside down, on a gridiron, cook until they are nicely browned, then turn them over, and cook the back. Or, if preferred, place 2 bloaters, the insides together, on a gridiron, and grill over a clear fire. The roes should be cooked and served with the bloaters.

TIME.—About 7 minutes. SEASONABLE from September to February.

BREAM, BAKED.

INGREDIENTS.—Bream, fish forcemeat, fat for basting, anchovy or other fish sauce.

METHOD.—Empty, wash and dry the fish, but do not scale it. Make the forcemeat, stuff the inside of the fish, and sew up the opening neatly. Bake in a moderate oven for about 40 to 50 minutes, basting occasionally with sweet dripping. Serve with anchovy or other fish sauce. If preferred, the forcemeat may be omitted, and the fish wrapped in greased paper and baked slowly for about ½ an hour.

TIME.—From 40 to 50 minutes. SUFFICIENT, allow 6 to 8 oz. per head.

BREAM, GRILLED.

INGREDIENTS.—Bream, anchovy or other fish sauce.

METHOD.—Empty, wash and thoroughly dry the fish, but do not scale it. Grill over a clear fire until thoroughly cooked and nicely browned, then serve with anchovy or other fish sauce.

TIME.—To grill, about ½ an hour. SUFFICIENT, allow 6 to 8 oz. per head.

BRILL.

INGREDIENTS.—1 brill, salt and vinegar to taste.

METHOD.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice to preserve its whiteness. Barely cover the fish with warm water, add salt and vinegar, and simmer gently until done (about

10 minutes for a small fish). Garnish with cut lemon and parsley, and serve with one of the following sauces: lobster sauce, shrimp sauce, Hollandaise sauce, or melted butter.

TIME.—About 10 to 20 minutes, according to size. SEASONABLE at any time, but best from August to April. SUFFICIENT, allow 4 to 6 oz. per head.

Note.—This fish is also nice baked or grilled.

CARP, BAKED.

INGREDIENTS.—1 carp, 3 tablespoonfuls of salad-oil or clarified butter, 1 tablespoonful of Worcester sauce, 1 tablespoonful of lemon-juice, 1 tablespoonful of finely-chopped parsley, 1 dessertspoonful of finely-chopped onion, salt, cayenne. For the sauce, ¼ pint of milk, 1½ oz. of flour, 1½ oz. of butter, 2 tablespoonfuls of coarsely-chopped gherkins, salt and pepper.

METHOD.—Wash, scale, and clean the fish, and place it in an earthenware baking-dish. Mix together the salad-oil, Worcester sauce, lemon-juice, parsley, onion, season well with salt and cayenne, pour this mixture over the fish, and let it remain in it for at least 2 hours, basting at frequent intervals. Cover with a greased paper, bake gently for about 1 hour, and baste well. When it is nearly done, melt the butter in a stewpan, stir in the flour, add the milk, bring to the boil, and simmer for about 5 or 6 minutes. Place the fish on a hot dish, strain the gravy in the tin into the sauce, add the gherkins, season to taste, and pour over.

TIME.—To bake, about 1 hour. SEASONABLE from November to March. SUFFICIENT for 5 persons.

CARP, STEWED.

INGREDIENTS.—1 large carp, 1 pint of stock, 1 tablespoonful of flour, 12 small button mushrooms, 2 oz. of butter or good fat, 2 or 3 small onions, a bouquet-garni (parsley, thyme, bay-leaf), a good pinch of grated nutmeg, salt and pepper.

METHOD.—Wash the fish in vinegar and water, and cut it into thick slices. Slice the onions, fry them until brown in hot butter or fat, then put in the stock, mushrooms, herbs, nutmeg, and seasoning, and, when warm, add the fish, and simmer gently for about 30 or 40 minutes. Take out the fish and keep it hot. Have ready the flour and the remainder of the butter or fat kneaded to a smooth paste, add it to the contents of the stewpan, and simmer and stir until the sauce is cooked smoothly. Place the fish on a hot dish, strain the sauce over, and garnish with the mushrooms (heated in sauce), fried roe, and sippets of toast.

TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

Note.—This fish can be boiled plain, and served with parsley and butter sauce. Chub, char, dace, and roach may be cooked in the same manner as the above.

COD, BOILED.

See **Brill**, p. 110, or **Cod's Head and Shoulders**, p. 112.

Note.—Cod is seasonable from November to March.

COD, CURRIED.

INGREDIENTS.—2 lb. of cod, 1 pint of white stock (fish or meat), 2 oz. of butter or good fat, 1 tablespoonful of flour, 1 dessertspoonful of curry-powder, 1 medium-sized onion, salt and pepper, cayenne, a tablespoonful of lemon-juice.

METHOD.—Wash and dry the cod, and cut it into pieces about 1½ inches square. Melt the butter or fat in a stewpan, fry the cod slightly, then take out and set aside. Add the sliced onion, flour, and curry-powder to the fat in the stewpan, and fry for about 15 minutes, stirring continuously to prevent the onion becoming too brown, then pour in the stock, stir until it boils, and afterwards simmer gently for about 20 minutes. Strain and return to the saucepan, add lemon-juice and seasoning to taste, bring nearly to boiling point, then put in

the fish, cover closely, and draw aside for about ½ an hour, or until the fish becomes thoroughly blended with the flavour of the sauce. An occasional stir must be given to prevent the fish sticking to the bottom of the stew-pan. Dish up and serve with rice. The remains of cold fish may be used, in which case the preliminary frying may be omitted.

TIME.—About 1½ hours. SUFFICIENT for 5 or 6 persons.

COD PIE.

See recipe, p. 195.

COD, HASHED.

See recipe, p. 195.

COD'S HEAD AND SHOULDERS.

INGREDIENTS.—Cod's head and shoulders, salt, lemons.

METHOD.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside the fish 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient hot water to cover it. Be very particular not to pour the water on the fish as it is liable to break, and keep it only just simmering. If the water should boil away, add a little, pouring it in at the side of the kettle, and not on the fish. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Garnish with cut lemon, and serve with either oyster or caper sauce.

TIME.—About 20 to 25 minutes, according to size. SUFFICIENT, allow 3 lb. for 6 persons.

COD RÉCHAUFFÉ.

INGREDIENTS.—1 lb. of cooked cod, ½ pint of white sauce, 1 teaspoonful of mushroom ketchup, ½ a teaspoonful of anchovy essence, ½ a teaspoonful of mixed mustard, butter, breadcrumbs, salt and pepper.

METHOD.—Free the fish from skin and bones, and separate it into large flakes. Make the sauce as directed, add the mushroom ketchup, anchovy essence, mustard, and salt and pepper to taste, put in the fish, mix well together, then turn the whole into a well-greased fire-proof baking-dish. Cover the surface lightly with breadcrumbs, add a few pieces of butter, bake in the oven until well browned, then serve in the dish.

TIME.—To bake, about 15 minutes. SUFFICIENT for 3 persons.

COD'S ROE, SCALLOPED.

INGREDIENTS.—Cod's roe, melted butter or white sauce, a little milk or cream, brown breadcrumbs, salt, vinegar.

METHOD.—Wash and wipe the cod's roe, and boil for about 10 minutes in water with a little salt and vinegar. Cut into dice, and put into some melted butter made with cream or white sauce. Butter a scallop tin, put in the roe, cover with brown breadcrumbs, and brown in the oven, or serve it on hot buttered toast. It is often used as garnish to other fish.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

COD SOUNDS.

METHOD.—These, salted as they are generally bought, should be soaked in milk and water for several hours, and then boiled in milk and water until tender, when they should be drained and served with egg sauce. When suitably dressed they may be served as a fish entrée or breakfast dish.

TIME.—From 3 to 4 hours. SUFFICIENT, allow 2 to 3 oz. per head.

COD STEAKS.

INGREDIENTS.—2 slices of cod, 1 to 1½ inches thick, 1 tablespoonful of flour, ½ teaspoonful of salt, ¼ of a teaspoonful of pepper, 2 tablespoonfuls of oiled butter, 1 teaspoonful of lemon-juice, frying-fat.

METHOD.—Wash and thoroughly dry the fish. Mix together the flour, salt and pepper, and coat the fish completely with the mixture. Have ready in a frying-pan a good layer of hot fat, put in the fish and fry until crisp and well browned on both sides. Meanwhile melt the butter, add to it the lemon-juice and, if liked, a little finely-chopped parsley, or omit both lemon-juice and parsley, and serve simply with oiled butter. When more convenient the fish may be baked in the oven, but it lacks the crispness obtained by frying.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

COLD FISH, TO UTILIZE.

See **The Art of "Using-up,"** p. 191.

CRAB, TO DRESS.

INGREDIENTS.—1 medium-sized crab, 1 hard-boiled egg, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of salad-oil, salt and pepper, cayenne.

METHOD.—Empty the shells, mix the meat with the vinegar and oil, and season well. Clean the large shell, put in the mixture and garnish with slices of lemon, parsley and egg, the yolk rubbed through a wire sieve, and the white coarsely chopped.

TIME.—About 20 minutes. SEASONABLE from April to October. SUFFICIENT for 3 or 4 persons.

CRABS, TO CHOOSE.

Crabs of medium size are the best, and, like lobsters, should be judged by their weight.

DORY.

See **John Dory.**

EEL, CONGER.

This is much esteemed by many persons. It forms the basis of the well-known soup of the Channel Islands, and is made into pies in the West of England. Like a tough steak, it always needs long stewing or cooking, as the flesh is remarkably firm and hard. It can be cooked like a fresh-water eel.

EEL PIE.

INGREDIENTS.—1½ lb. of eels, ½ pint of meat stock, 1 tablespoonful of mushroom ketchup, 1 dessertspoonful of lemon-juice, pepper and salt, rough puff paste, or puff.

METHOD.—Clean and skin the eels and cut them into pieces about 2 inches long. Put the heads, tails and fins into a stewpan with the stock, simmer for about ½ an hour, then strain and skim well. Place the eels in a pie-dish, with a good seasoning of salt and pepper between the layers, add the lemon-juice and ketchup to the stock, pour about half of it into a pie-dish, cover with paste, and bake in a fairly hot oven for about 1 hour. Warm the remainder of the stock, and pour it into the pie through a funnel as soon as it is taken from the oven.

TIME.—About 1 hour to bake. SUFFICIENT for 5 persons.

Note.—Eels are seasonable all the year, but best from June to March.

EELS, BOILED.

INGREDIENTS.—4 small eels, a small bunch of parsley, ¾ pint of parsley sauce, a little salt.

METHOD.—Clean and skin the eels, put them into a stewpan with the parsley, a little salt, and warm water to barely cover them. Simmer gently for about ½ an hour, or until they are tender, then serve with the sauce poured over them.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

EELS, FRIED.

INGREDIENTS.—1 or 2 medium-sized eels, 1 tablespoonful of flour, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper, 1 egg, bread-crumbs, parsley, salt and pepper, frying-fat.

METHOD.—Wash, skin, and dry the eels thoroughly, and divide them into pieces from 2½ to 3 inches long. Mix the flour, salt, and pepper together, and roll the pieces of eel separately in the mixture. Coat carefully with egg and breadcrumbs, fry in hot fat until crisp and lightly browned, then drain well, and serve garnished with crisply-fried parsley.

TIME.—About 20 minutes. SUFFICIENT, allow 2 lb. for 4 persons.

EELS, JELLIED.

Bone the eels, then boil in acidulated water, and drain carefully. When cold set in aspic jelly in a border or timbale shape, or else thickly masked or coated with aspic.

EELS, STEWED.

INGREDIENTS.—2 lb. of eels, 2 oz. of butter or good fat, 1 medium-sized onion, 1 dessertspoonful of chopped parsley, salt and pepper.

METHOD.—Skin and clean the eels, cut them into pieces about 2 inches long, and place them in a jar. Add the butter or fat, the onion cut into slices, parsley, salt and pepper, cover closely, and place the jar in a saucepan of cold water, which must be brought slowly to the boil. Cook until the eels are tender; this will take about 1½ hours from the time the water boils. When done, place on a hot dish, and strain the gravy over.

TIME.—From 2 to 2½ hours. SUFFICIENT for 5 or 6 persons.

FISH AND OYSTER PIE

See recipe, p. 196.

FISH CAKES.

See recipe, p. 196.

FISH CAKES FROM TINNED SALMON.

INGREDIENTS.—1 tin of salmon, 1 lb. of mashed potatoes, milk, 1 egg, breadcrumbs, salt and pepper, frying-fat, parsley.

METHOD.—When using cold potato stir it over the fire with a little milk until quite hot and smooth. Chop the fish coarsely, add it to the potatoes, season to taste, and stir over the fire until thoroughly mixed, adding a little milk if too dry. Let the mixture cool on a plate, then shape into small round cakes, coat carefully with egg and breadcrumbs, and fry in hot fat until lightly browned. Drain well, and serve garnished with crisply-fried parsley.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

FISH PIE.

See recipe, p. 197.

FISH PUDDING.

See recipe, p. 197.

FISH SALAD.

See recipe, p. 197.

FISH, SCALLOPED.

See recipe, p. 197.

FLOUNDERS, FRIED.

INGREDIENTS.—Flounders, egg and breadcrumbs, fat, fried parsley.

METHOD.—Cleanse the fish, and, 2 hours before they are required, rub them inside and out with salt to render them firm. Wash and wipe them very dry, dip them into egg, and sprinkle over with breadcrumbs, fry them in boiling fat, dish on a folded napkin, or fish paper, and garnish with fried parsley.

TIME.—To fry, about 10 to 15 minutes, according to size. SEASONABLE all the year; most plentiful from August to November. SUFFICIENT, allow from 6 oz. to 8 oz. per head.

HADDOCK, BAKED.

INGREDIENTS.—1 large fresh haddock, veal forcemeat, 1 egg, brown breadcrumbs, fat for basting.

METHOD.—Wash, clean, and scale the fish. Make the forcemeat as

directed, put it inside the haddock, and sew up the opening. Truss in the shape of the letter S by means of a string securely fastened to the head of the fish, the trussing needle being passed through the body of the fish while held in the required shape, and the string afterwards secured to the tail. Brush over with egg, cover lightly with brown breadcrumbs, and bake in a moderate oven from 30 to 40 minutes, basting occasionally with hot fat. Serve with anchovy or melted butter sauce.

TIME.—To bake, about 30 to 40 minutes. SEASONABLE from August to February. SUFFICIENT for 4 persons.

HADDOCK, BOILED.

INGREDIENTS.—1 large fresh haddock, salt.

METHOD.—Clean and wash the fish, cover it with warm water, add salt to taste, bring to the boil, and cook gently from 20 to 30 minutes. Serve with anchovy, parsley, or melted butter sauce.

TIME.—About 20 to 30 minutes. SUFFICIENT for 3 or 4 persons.

HADDOCKS, DRIED.

Dried haddocks are best cooked either in the oven or on the top of the stove in a tin surrounded by a little water to create steam, which prevents the surface of the fish becoming hardened. Medium-sized ones should be cooked whole, and before sending to table an incision should be made from head to tail, and the backbone removed. The fish should be plentifully spread with butter, sprinkled with pepper, and served as hot as possible.

HAKE, BAKED.

INGREDIENTS.—4 slices off a medium-sized hake, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of finely-chopped onion, butter or good fat, salt and pepper, flour.

METHOD.—Wash and dry the fish and place the slices side by side in a greased baking dish. Dredge well with flour, season liberally with salt and pepper, sprinkle on the onion and parsley and add about 1 oz. of butter or fat in small pieces. Bake gently for about ½ an hour, basting occasionally, then place the fish on a hot dish, strain the liquor over it, and serve.

TIME.—About ½ an hour. SEASONABLE, April to August. SUFFICIENT for 3 or 4 persons.

Note.—Any of the methods given for cooking cod or halibut may be applied to hake, but baking will be found the most palatable and satisfactory.

HALIBUT, GRILLED.

INGREDIENTS.—Halibut, oiled butter, salt and pepper.

METHOD.—Divide the fish into slices not more than ¾ of an inch in thickness, brush them over with oiled butter, and sprinkle them with salt and pepper. Place the slices on a clean oiled gridiron, and cook over a clear fire for about 10 or 12 minutes, turning them two or three times during the process. Garnish with lemon and serve with lemon, or any fish sauce that may be preferred.

TIME.—About 10 to 12 minutes, according to size. SEASONABLE at any time. SUFFICIENT, allow 6 or 7 oz. per head.

HERRINGS, BAKED, FRESH.

INGREDIENTS.—6 fresh herrings, salt and pepper, vinegar, 1 small Spanish onion.

METHOD.—Wash the herrings in three or four waters, cut off the heads, split them open, and remove the gut and backbone. Season well with salt and pepper, and roll them up tightly, beginning with the neck of the fish. Pack the herrings closely in a pie-dish, cover them with thin slices of onion, half fill the dish with equal quantities of vinegar and water, and bake in a very slow oven for about 2 hours. When done, remove the onion,

but let the fish remain in the dish in which they were cooked until ready to serve.

TIME.—About 2 hours. SUFFICIENT for 4 or 5 persons.

HERRINGS WITH TOMATOES.

INGREDIENTS.—4 fresh herrings, 3 or 4 ripe tomatoes, salt and pepper, ¼ of a lb. of boiled rice, a few drops of vinegar or lemon-juice, about ½ an oz. of dripping.

METHOD.—Wipe, fillet and skin the herrings. Cut each fillet in two, crossways, and put a layer of fish in a pie-dish or fire-proof dish. Dip the tomatoes into boiling water, skin them and cut them into slices, place a layer of tomato slices over the fish. Sprinkle over enough salt and pepper to season, as well as vinegar or lemon-juice to flavour. Cover with the remainder of the fish, then place over the cooked rice, and lastly the remaining slices of tomatoes. Distribute the dripping in little bits on top. Bake in a moderate oven for about ¾ of an hour. Serve hot.

TIME.—About 1¼ hours. SUFFICIENT for 4 persons.

JOHN DORY.

METHOD.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly, cut off the fins, but not the head, which is considered a delicacy, lay it in a fish-kettle, cover with warm water, and add salt to taste. Bring it gradually to near boiling point, and simmer gently for about 15 minutes, or rather longer should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter should be sent to table with it.

TIME.—After the water boils, from ¼ to ½ an hour, according to size. SEASONABLE all the year, but best from September to January. SUFFICIENT for 6 or 7 persons.

Note.—Small John Dorys are excellent baked.

KEDGEREE.

INGREDIENTS.—1 lb. of any cold fish (dried haddock preferred), ¼ of a lb. of rice, 2 hard-boiled eggs, 2 oz. of butter or good fat, salt and pepper, cayenne.

METHOD.—Boil and dry the rice, divide the fish into small flakes, cut the whites of the eggs into slices, and rub the yolks through a wire sieve. Melt the butter or fat in a stewpan, add to it the fish, rice, whites of eggs, salt, pepper and cayenne, and stir the ingredients over the fire until hot. Turn the mixture on to a hot dish, press it into a pyramidical form with a fork, decorate with the yolk of egg, and serve as hot as possible.

TIME.—About 40 to 50 minutes. SUFFICIENT for 5 or 6 persons.

KIPPERS.

See **Bloaters.**

LOBSTER CROQUETTES.

See **Lobster Cutlets.** Make up into cork or oval shapes instead of cutlets.

LOBSTER CURRY.

INGREDIENTS.—1 lobster (or tinned lobster of a reliable brand), ¼ pint of fish stock and milk mixed, or all milk may be used, 1 tablespoonful of grated coco-nut, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1 teaspoonful of curry-paste, 2 oz. of butter or good fat, 1 large onion, 1 apple (green gooseberries or rhubarb may be substituted), salt, lemon-juice.

METHOD.—Melt the butter or fat in a stewpan, put in the onion (coarsely chopped), the flour, and curry powder, and fry these gently for about 10 minutes. Add the stock, milk, curry-paste, coco-nut, sliced apple, and salt, stir the

mixture until it boils, then cover closely and simmer gently for about 1 hour, stirring occasionally. Remove the flesh from the lobster and cut it into inch-square pieces. When the sauce is ready, pour it through a fine strainer, return it to the saucepan, add seasoning to taste, and reheat. Just before it reaches boiling point put in the pieces of lobster, cover closely, and draw the stewpan to the side of the stove for about 15 to 20 minutes, to allow the lobster to become hot and impregnated with the flavour of the sauce, add lemon-juice to taste, and serve with boiled rice.

TIME.—About 2 hours. SUFFICIENT for 4 or 5 persons.

Note.—Crayfish, prawns, and other fish may be curried according to the directions given above; in all cases the fish must be cooked before being added to the sauce.

Note.—Fresh lobsters are seasonable from April to October; tinned lobsters are obtainable at any time.

LOBSTER CUTLETS.

INGREDIENTS.—1 large lobster, 1½ oz. of butter, 1 oz. of flour, ¼ pint of milk or water, 1 tablespoonful of cream, 1 egg, breadcrumbs, salt, cayenne, parsley, frying-fat.

METHOD.—Remove the flesh from the lobster, and chop it into small pieces. Pound the spawn (if any) with ½ oz. of butter, and pass it through a hair sieve. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the milk, and boil well. Then add to it the lobster, cream, spawn, cayenne, and salt, mix well together, and turn on to a plate to cool. When the mixture is firm enough to mould, make it up into cutlets, cover them with egg and breadcrumbs, and fry until nicely browned in hot fat. Dish in a circle, putting a piece of lobster feeler in each cutlet to represent a bone, and garnish with fried parsley.

TIME.—About 2 or 2½ hours. SUFFICIENT for 9 or 10 small cutlets.

LOBSTER IN ASPIC.

INGREDIENTS.—1 small lobster, ½ pint of aspic jelly, 2 hard-boiled eggs, 1 small lettuce, a few tarragon leaves, capers, olives stoned, and truffles; oil and vinegar, pepper and salt. Mayonnaise sauce.

METHOD.—Put into a small border mould enough melted aspic jelly to thinly mask it, when set arrange in it neatly the flesh of the body and claws of the lobster (which should be cut into neat pieces) with a few tarragon leaves and capers, filling up the mould with the jelly. Well wash, dry and shred the lettuce, and mix it with the remainder of the lobster, the oil, and vinegar, with pepper and salt. When the mould is firmly set, turn it out and pile the salad in the centre and around it as a border, masking it smoothly with a thick Mayonnaise sauce. Lastly, garnish the whole with the eggs cut up, the coral, and the little claws of the lobster, the capers, and truffles, etc.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

LOBSTER MAYONNAISE.

INGREDIENTS.—1 small lobster, 2 filleted Gorgona anchovies, 1 hard-boiled egg, 3 stoned olives, 2 gherkins, a few slices of pickled beetroot, ½ a tablespoonful of capers, 1 small lettuce, Mayonnaise sauce.

METHOD.—Cut the lobster in two lengthwise, break the claws carefully, remove the meat intact, if possible, and cut the remainder of the lobster into small pieces. Wash and dry the lettuce, tear it into small pieces, put it into a bowl with the small pieces of lobster, and add gradually sufficient Mayonnaise to moisten the whole. Arrange this in the centre of a round dish in the form of a dome, mask it with very stiff Mayonnaise sauce, and surround it with pieces of hard-boiled egg. Garnish tastefully with strips of anchovy, strips or

slices of gherkin, fancifully-cut pieces of beetroot, olives and capers. Keep on ice until required, and serve as cool as possible.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

LOBSTER PATTIES.

INGREDIENTS.—1 lb. of puff paste, 1 small lobster, 1½ oz. of butter, ½ oz. of flour, the yolks of 3 eggs, ¼ pint of fish stock or milk (about), ½ gill of cream, ½ a teaspoonful of lemon-juice, a few drops of anchovy essence, cayenne salt, parsley.

METHOD.—When giving the paste its last turn, roll it out to a thickness of ½ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 8 or 9 rounds of paste. Brush them over with a beaten egg, then make an inner ring to about half the depth of the paste with a 1-inch diameter cutter, previously dipped in hot water. Bake them in a hot oven from 20 to 25 minutes, then remove and take care of the tops, scoop out the soft inside and keep the patty-cases warm. Melt the butter in a stewpan, add the flour, and cook a few minutes; then pour in the fish stock or milk, and stir until the sauce boils. Simmer for about 10 minutes, add the cream, yolks of eggs, lemon-juice, anchovy essence, and seasoning to taste, simmer gently until the yolks of the eggs thicken, then pass through a cloth or fine sieve. Return to the stewpan, put in the lobster (cut into dice), when thoroughly hot put into the cases, put on the covers, garnish with parsley, and serve.

TIME.—About ½ an hour, after the paste is made. SUFFICIENT for 8 or 9 patties.

LOBSTER, POTTED.

INGREDIENTS.—Tinned lobster, butter, anchovy sauce, cayenne.

METHOD.—Drain and pound the lobster to a paste, adding sufficient butter and anchovy sauce to moisten it. Season highly with cayenne, if available, pass the mixture through a fine sieve, press it into small pots, and cover it with clarified butter.

TIME.—About 35 minutes. SUFFICIENT for 3 or 4 pots.

LOBSTER SALAD.

INGREDIENTS.—1 small lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 1 hard-boiled egg, a few slices of cucumber. For dressing: 2 tablespoonfuls of oil, 1 tablespoonful of vinegar, ½ a teaspoonful of made mustard, the yolk of an egg, cayenne, and salt to taste, a few drops of anchovy essence. These ingredients should be mixed perfectly smooth, and form a creamy sauce.

METHOD.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Tear up the lettuces and endive, pour the dressing on them, and lightly mix in the small salad. Blend all well together with the meat of the lobster. Pick the meat from the claws, cut it up into nice square pieces, put half in the salad, and reserve the other half for garnishing. Separate the yolk from the white of the hard-boiled egg, chop the white finely, and rub the yolk through a sieve. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolk and white of the egg, coral and beetroot placed alternately, and arrange in small separate groups so that the colours contrast nicely. Tinned lobsters may be used.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

Note.—A few crayfish make an effective garnish to lobster salad.

LOBSTERS, TO DRESS.

Wash the lobsters well before boiling, tie the claws securely, and throw the lobster, head first, into

a saucepan of salted boiling water; this method instantly destroys life. Then boil the lobster gently for about 20 to 40 minutes, according to its size, but avoid overcooking, which causes the flesh to become hard. When cool enough to handle rub over with a little salad-oil to brighten the colour. When quite cold, break off the claws and tail, and divide the latter lengthwise by the line running from head to tail. Place the body upright in the centre of a dish, with one half of the tail on either side, and at the ends arrange the claws, which should be previously cracked with a hammer without injuring the flesh. Garnish tastefully with parsley.

TIME.—About 20 to 40 minutes.

MACKEREL, BAKED.

INGREDIENTS.—2 mackerel of medium size, veal forcemeat, 1 oz. of sweet dripping, pepper and salt, flour.

METHOD.—Clean the fish, take out the roes, put in the forcemeat, and sew up the opening. Put them with the roes into a baking-dish, add the dripping, dredge with flour, sprinkle well with salt and pepper, and bake for about 30 to 40 minutes, basting occasionally. Serve with parsley sauce or melted butter sharpened by the addition of lemon-juice, and finely-chopped parsley.

TIME.—About 1 hour altogether. SUFFICIENT for 4 or 5 persons.

Note.—Mackerel are in season from April to July.

MACKEREL, BOILED, WITH PARSLEY SAUCE.

INGREDIENTS. — 2 mackerel, water, salt, parsley sauce.

METHOD.—Remove the roes, wash the fish, put them into the fish-kettle, with just sufficient hot water to cover them, and add salt to taste. Bring the water gently to near boiling point, then draw the kettle aside, and cook very gently for about 10 minutes. If cooked too quickly, or too long, the skin is liable to crack and spoil the appearance of the fish. It is a sure indication that the fish is sufficiently cooked when the skin becomes loose from the flesh. Drain well, place the mackerel on a hot dish, pour over them a little parsley sauce, and serve the remainder separately in a sauce-boat. Fennel and anchovy sauces may also be served with boiled mackerel.

TIME.—From 10 to 15 minutes. SUFFICIENT for 5 or 6 persons.

MACKEREL, GRILLED.

INGREDIENTS.—1 large mackerel, salad-oil or butter, salt and pepper.

METHOD.—Do not wash the fish, but wipe it clean and dry. Split it down the back, sprinkle it well with seasoning, and brush lightly over with salad-oil or warm butter. The fish has a more delicate flavour if wrapped in a well-greased paper, but it may be grilled without it. The fire must be clear, and the fish should be turned frequently. Allow about 15 to 20 minutes for a mackerel of medium size, and a few minutes longer when grilled in paper. Serve with Maître d'Hôtel butter or parsley sauce.

TIME.—About 15 to 25 minutes. SUFFICIENT for 2 or 3 persons.

MACKEREL, PICKLED.

INGREDIENTS.—2 or 3 mackerel, ½ pint of vinegar, water, 12 peppercorns, 2 bay-leaves, allspice, salt and pepper.

METHOD.—Clean and wash the fish and take out the roes. Place the mackerel in an earthenware baking dish with the roes (mackerel are best in that part of the season when the roes are not full grown), sprinkle them well with salt and pepper, add the bay leaves, allspice, peppercorns, vinegar, and about ½ pint of water, cover with a greased paper, and bake in a cool oven for nearly 1 hour. Let them remain in the liquor until required.

TIME.—About 1 hour.

MULLET, GREY.

INGREDIENTS.—4 grey mullet.

METHOD.—Clean the fish and, if large, place them in warm salted water; if small, they may be put into hot water, and cooked gently for 15 or 20 minutes. Serve with anchovy or melted butter sauce.

TIME.—About 15 to 20 minutes. SEASONABLE all the year, SUFFICIENT, allow 1 mullet to each person.

MULLET, RED, GRILLED.

INGREDIENTS.—3 moderate-sized fish, 2 oz. of butter or good fat, 1 dessertspoonful of finely-chopped parsley, pepper and salt, the juice of a lemon.

METHOD.—After cleaning the fish, replace the livers with some finely-chopped parsley and seasoning, mixed with butter or fat. Wrap each fish in an oiled paper, sprinkling over them some of the seasoning, and grill them over a red fire, holding a salamander above so as to avoid turning them. When done, squeeze the juice of the lemon over them and serve.

TIME.—To grill, from 10 to 12 minutes. SEASONABLE at any time. SUFFICIENT for 3 or 4 persons.

MUSSELS.

INGREDIENTS.—1 quart of mussels, 1 oz. of butter, ½ an oz. of flour, the yolks of 2 eggs, 1 tablespoonful of vinegar, 1 teaspoonful of chopped parsley, salt and pepper.

METHOD.—Brush the shells thoroughly, and wash the mussels in several waters. Put them into an iron saucepan without water (or into a steamer). Sprinkle with a little salt, spread a clean wet cloth over them, cover, and let them cook in the steam until the shells open a little. Take them out of the shells, and strain the liquor into a basin. Carefully remove the little weed which is found under the black tongue. Melt the butter, add the flour, and cook for a few minutes, then pour in the mussel liquor, and stir until it boils. Cool slightly, then add the yolks of the eggs, vinegar and parsley, season to taste, and stir by the side of the fire until the eggs thicken. Put in the mussels to reheat, and serve.

TIME.—About ¼ an hour. SEASONABLE all the year, but best in winter. SUFFICIENT for 2 persons.

Note.—A more simple way is to put the mussels into boiling water and let them boil for 2 minutes, then pour off the water and plunge the mussels into cold water.

OYSTER FRITTERS.

INGREDIENTS.—6 large oysters, 1½ oz. of flour, ½ gill of tepid water, ½ a tablespoonful of salad-oil or oiled butter, the white of 1 egg, salt, frying-fat.

METHOD.—Make a batter by stirring the water and salad-oil gradually into the flour; when perfectly smooth add the salt, and lastly the stiffly-whisked white of egg. Beard the oysters, dip them in the batter, and fry in hot fat a golden-brown colour.

TIME.—About ¼ an hour. SUFFICIENT for 3 or 4 persons.

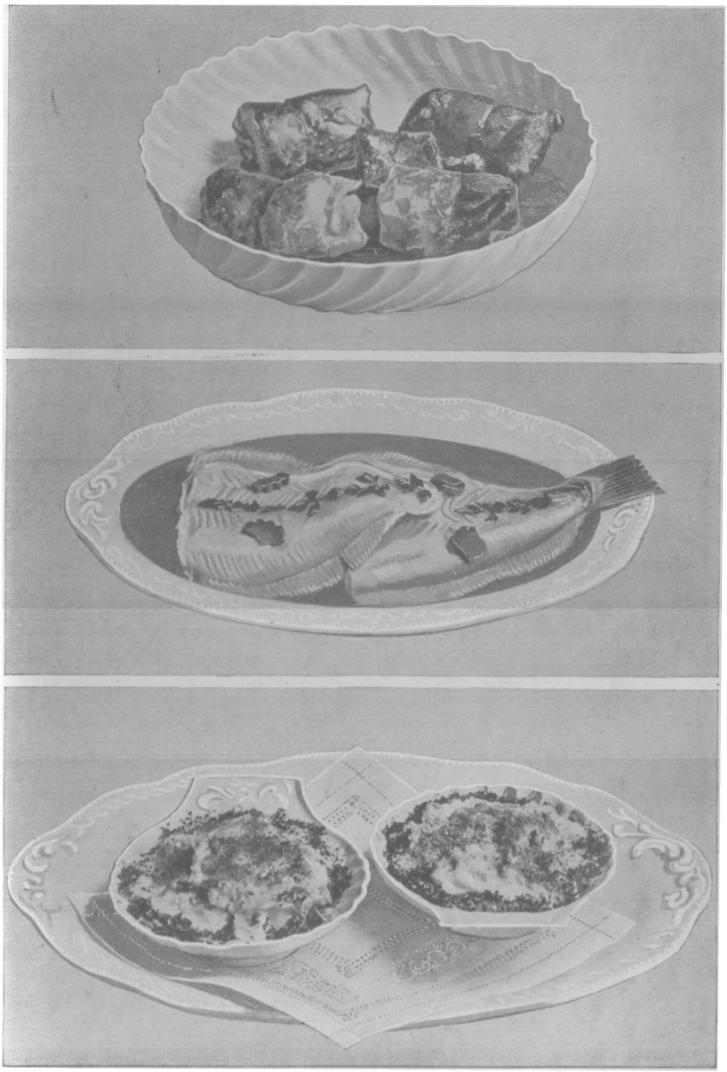
Note.—Oysters are seasonable from September to April.

OYSTER PATTIES.

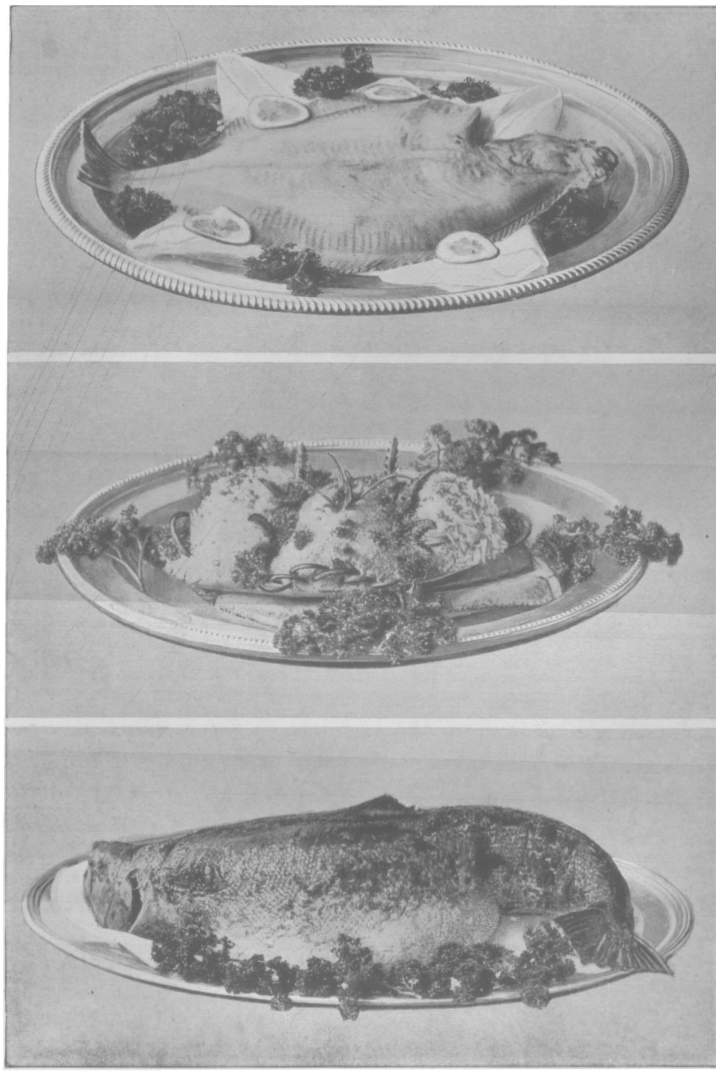
INGREDIENTS.—¼ lb. of puff paste, 1 dozen oysters, 1 oz. of butter, ½ oz. of flour, the yolk of 1 egg, ¼ a gill of fish stock or milk (about), ¼ of a gill of cream, ½ of a teaspoonful of lemon-juice, salt and pepper, parsley.

METHOD.—When the paste has had the necessary number of turns, roll it out to a thickness of about ¼ an inch, and with a hot wet cutter of 2½ inches diameter stamp out 4 or 5 rounds of paste. Brush these over with beaten egg, then make an inner ring to about half the depth of the paste with a cutter 1 inch in diameter, previously dipped in cold water. Bake them in a hot oven for about 20 to 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patties warm until required. Meanwhile, put

FISH



1. Pickled Mackerel. 2. Boiled Brill. 3. Scalloped Cod's Roe.



1. Boiled Turbot. 2. Dressed Crab. 3. Boiled Salmon Trout.

the oysters and their liquor into a saucepan, let them come to the boil, drain them, put the liquor aside, remove the beards, and cut each oyster in two. Melt the butter in a stewpan, add the flour and cook for a few minutes, add the oyster liquor with enough milk to make about a gill, and stir until the sauce boils. Simmer for about 10 minutes, add the cream, the yolk of the egg, lemon-juice, and seasoning to taste; simmer again gently until the yolk of the egg thickens. Reheat, add the oysters, and when thoroughly hot, place in the puff paste cases, put on the covers, and garnish with parsley.

TIME.—About ½ an hour after the paste is made.

OYSTERS, FRIED.

INGREDIENTS.—½ dozen oysters, frying-batter, ½ of a teaspoonful of finely-chopped parsley, ½ of a saltspoonful of grated lemon-rind, frying-fat.

METHOD.—Blanch the oysters in their own liquor, strain just before boiling point is reached and dry them well. Make the batter as directed, and add the parsley and lemon-rind. Dip each oyster separately in the batter, fry in hot fat until crisp and lightly browned, then drain well and serve.

TIME.—To fry, about 4 minutes.

OYSTERS, SCALLOPED.

INGREDIENTS.—6 large oysters, 2 tablespoonfuls of thick white sauce, lemon-juice, white breadcrumbs, butter, pepper and salt.

METHOD.—Blanch the oysters in their own liquor, remove the beards, and cut them in halves. Strain the liquor into the white sauce, boil until sufficiently reduced, then add lemon-juice, salt and pepper to taste. Brush 4 or 5 small scallop shells over with nearly cold clarified butter, and coat with the breadcrumbs. Distribute the oysters equally, add the prepared sauce, cover lightly with breadcrumbs, put 2 or 3 morsels of butter on the top of each, bake in a quick oven until nicely browned, and serve hot.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

OYSTER SOUFFLÉ.

INGREDIENTS.—1 small whiting, 3 large sauce oysters, ½ oz. of flour, 1 oz. of butter, about ¼ pint of milk, ¼ gill of cream, ½ of a tablespoonful of anchovy essence, 1 egg, seasoning.

METHOD.—Skin the whiting, remove all the meat from the bones, and pound it in a mortar. Melt the butter in a stewpan, add the flour and cook a little without browning; moisten with the milk and oyster liquor, stir briskly until quite smooth, then add the cream. Cook a little longer, but stir all the while. Remove the beards from the oysters, cut the latter into dice, and put them into the mixture; season to taste with salt, pepper, and nutmeg, work in the yolk of the egg, the anchovy essence, and the pounded fish. Whisk the white of egg to a stiff froth, and mingle carefully with the mixture. Three parts fill a well-greased soufflé-tin or Charlotte mould, steam for about 45 minutes. Remove from the mould, and serve with a white sauce.

TIME.—To steam, about 45 minutes. SUFFICIENT for 3 persons.

PIKE, BAKED.

INGREDIENTS.—1 small pike (about 4 lb.), 4 oz. of veal forcemeat, 1 egg, brown breadcrumbs, good dripping for basting.

METHOD.—Wash, clean, and scale the fish, and remove the fins and gills. Fill the inside with forcemeat, sew up the opening, brush over with beaten egg, and cover with breadcrumbs. Sometimes the fish is trussed in a round shape, the tail being fastened in the mouth by means of a skewer. Before putting the fish in the oven it should be well basted with hot fat, and as this fish is naturally dry it must be

frequently basted, and kept covered with a greased paper while cooking. Bake gently for 40 to 45 minutes, and serve with a suitable sauce.

TIME.—Altogether, about 1 hour. SUFFICIENT for 8 to 10 persons.

Note.—Pike is seasonable from September to February.

PIKE, BOILED.

INGREDIENTS.—1 pike, salt, vinegar.

METHOD.—Pour boiling water over the fish until the scales look dull, then plunge it into cold water, and remove the scales at once with the back of the knife. Empty the fish, remove the gills and fins, and wash well. Have ready a fish-kettle of warm water, add salt and vinegar to taste, put in the fish, and boil gently until the fish separates easily from the bone (one weighing 4 lb. would require about 25 or 30 minutes). Serve with anchovy, or melted butter sauce.

TIME.—According to size, from ½ to 1 hour. SUFFICIENT for 8 persons.

PLAICE, BAKED.

INGREDIENTS.—1 medium-sized plaice, 2 tablespoonfuls of white breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of finely-chopped parsley, ½ of a teaspoonful of mixed herbs, a pinch of nutmeg, salt and pepper, 1 egg, pale browned breadcrumbs, a little good dripping, milk.

METHOD.—Mix the white breadcrumbs, suet, parsley, herbs, and nutmeg together, season well with salt and pepper, add ½ the egg, and enough milk thoroughly to moisten the whole. Make an incision down the centre of the fish as for filleting, raise the flesh each side as far as possible, and fill with the forcemeat. Instead of drawing the sides of the fish close together, fill up the gap with forcemeat, and, with a knife, flatten the surface to the level of the fish. Brush over with the remaining half of the egg, cover lightly with the pale browned breadcrumbs, place a few small pieces of dripping on the top, and bake for about 20 to 30 minutes in a moderate oven. Serve with a suitable sauce.

TIME.—About 35 to 40 minutes. SUFFICIENT for 3 or 4 persons.

Note.—The forcemeat may be varied by using shrimps or oysters (*see* Fish Cakes).

Notes.—Plaice is seasonable all the year.

PLAICE, FRIED.

INGREDIENTS.—1 medium-sized plaice, flour, salt and pepper, frying-fat or oil.

METHOD.—Wash, dry and fillet the fish, and cut it into pieces convenient for serving. Dip each piece into a thick smooth batter made of flour and water, and fry in hot fat or oil until nicely browned.

TIME.—To fry, about 10 minutes. SUFFICIENT for 3 or 4 persons.

PLAICE, OR SOLES, ROLLED.

INGREDIENTS.—1 plaice or 2 soles, lemon-juice, pepper and salt, ½ a shallot, 1 bay-leaf, parsley, 2 cloves, 1 oz. of butter, 1 oz. of flour, 1 gill of milk, 1 gill of water.

METHOD.—Fillet the plaice, season the fillets with salt, pepper, and lemon-juice. Roll them, and put them on a greased baking-sheet, with a greased paper over them. Put the bones into a stewpan with the milk and water, bay-leaf, parsley stalks, cloves, and shallot, simmer for about 20 minutes, and strain. Melt the butter, add the flour, and cook for a few minutes, then add the fish stock, and stir the ingredients until they boil. Bake the rolled fillets for about 10 minutes, or until cooked sufficiently, and season to taste. Dish them neatly on a hot dish, strain the sauce over, sprinkle a little chopped parsley on the top, and serve very hot.

TIME.—To bake, about 10 minutes. SUFFICIENT for 5 or 6 persons.

PRAWNS, CURRY OF.

INGREDIENTS.—2 dozen prawns, 1½ oz. of butter or good fat, 1 dessertspoonful of curry-powder, 1 dessertspoonful of flour, 1 sour apple coarsely chopped, 1 small onion sliced, 1 tablespoonful of coco-nut grated, 1 teaspoonful of lemon-juice, ½ pint of stock, salt.

METHOD.—Shell the prawns and put them aside. Melt the butter or fat in a stewpan, fry the onion without browning, then add the curry-powder and flour, and fry slowly for at least 20 minutes. Add the stock, apple, coco-nut, and a little salt, simmer gently for about ½ an hour, then strain and return to the stewpan. Season to taste, add the lemon-juice, put in the prawns, and when hot serve with well-boiled rice.

TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

PRAWNS, OR SHRIMPS (to Boil).

METHOD.—Prawns should be very red, and have no spawn when cooked; much depends on their freshness, and the way in which they are cooked. Throw them into boiling water, salted, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way, but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not over-boiled, as they then become tasteless and indigestible.

TIME.—Prawns, about 8 minutes; shrimps, about 5 minutes.

PRAWNS, OR SHRIMPS (to Shell).

There is a slight difference in the shape of shrimps and prawns, the tail of the former being rounded at the bend, like that of a lobster, but the tail of the prawn presents a sort of knee or angle. To shell a shrimp, take the head between the right thumb and forefinger, and with the left forefinger and thumb-nail raise on each side the shell of the tail, pinch the tail, and the shell will at once separate. To shell prawns, take the head between the right-hand thumb and second finger, take the tip of the tail between the left thumb and forefinger; with the nail of the right forefinger raise the shell at the knee or angle, pinch the tail, and the shell will come apart, leaving the prawn attached to the head.

ROCK SALMON.

See any of the recipes given for cooking Cod.

SALMON, BOILED.

INGREDIENTS. — Salmon, salt, boiling water.

METHOD.—Scale and clean the fish, and put it into the fish-kettle with sufficient boiling water just to cover it, adding salt to taste. The boiling water is necessary to preserve the colour of the fish. Simmer gently until the fish can be easily separated from the bone, thus ensuring its being thoroughly cooked, otherwise it will be unwholesome, but on the other hand, if over-cooked, it will be dry and insipid. Drain well, dish on a folded napkin, garnish with cut lemon and parsley, and serve with shrimp, or other suitable sauce, and thinly-sliced cucumber.

TIME.—According to size. SUFFICIENT, allow 4 oz. per head, when served in the fish course of a dinner.

Note.—Fresh Salmon is in season from April to August.

SALMON, CURRIED.

See **Prawns, Curry of.**

SALMON CUTLETS.

INGREDIENTS.—Slices of salmon, pepper and salt.

METHOD.—Cut the slices 1 inch thick, and season them with pepper and salt. Enclose each slice of fish separately in oiled paper, secure the end of the paper case by twisting tightly, grill gently over

a clear fire, and serve with anchovy or caper sauce.

TIME.—About 10 to 15 minutes.

SALMON MAYONNAISE

INGREDIENTS.—Cold boiled salmon, lettuce, cucumber, beetroot, gherkins, capers, boned anchovies, hard-boiled eggs, mayonnaise sauce.

METHOD.—A mayonnaise of salmon may consist of a large centre-cut, a thick slice, or the remains of cold salmon cut into pieces convenient for serving. In all cases the skin and bone must be removed, and the fish completely masked with thick mayonnaise sauce, the stiffening properties of which are greatly increased by the addition of a little liquid, but nearly cold, aspic jelly. When procurable, a little endive should be mixed with the lettuce, for although the somewhat bitter flavour of this salad plant is disliked by many people, its delicate, feathery leaves greatly improve the appearance of any dish of which it forms a part. Many other garnishings, in addition to those enumerated above, may be used; the leaves of the tarragon and chervil plants, and fancifully-cut thin slices of truffle being particularly effective when used to decorate the surface of mayonnaise sauce (*see* Lobster Mayonnaise).

TIME.—About ½ an hour.

SALMON, PICKLED.

INGREDIENTS.—Salmon, ½ oz. of whole pepper, ½ oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

METHOD.—After the fish comes from table and the bones have been removed, lay it in a clean, deep dish. Boil the liquor and vinegar with the other ingredients for about 10 minutes, let them stand to get cold, then pour them over the salmon, and in 12 hours it will be ready for use.

TIME.—About 10 minutes.

SALMON STEAKS.

These may be enclosed in an oiled paper, and either grilled or fried in hot fat in a sautépan, or they may be coated with egg and breadcrumbs and fried. Serve with sliced cucumber and suitable sauce.

TIME.—About 25 minutes.

SCALLOPS, FRIED.

INGREDIENTS.—9 scallops, 1 small egg, ½ oz. of butter, 1 oz. of flour, ¼ a gill of milk, salt, pepper, and cayenne, frying-fat, parsley.

METHOD.—Drain the scallops on a cloth. Sift the flour into a basin, add a pinch of salt; melt the butter, beat up the egg, stir both into the flour, add the milk, and work until quite smooth. If too thick, a little more melted butter or milk may be added. Let the batter stand for about an hour, then stir in a teaspoonful of chopped parsley. Season the scallops with a little salt, a good pinch of white pepper, and a small pinch of cayenne. Dip them into the batter, drop them one by one into hot fat, fry to a golden-brown, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve with lobster or tomato sauce.

TIME.—To fry, about 5 to 6 minutes. SUFFICIENT for 4 persons.

Note.—Scallops are in season from January to June.

SCALLOPS IN SHELLS.

INGREDIENTS.—1 dozen scallops, breadcrumbs, 1 oz. of butter, 1 gill of white sauce, cayenne and salt, a little chopped parsley, and a squeeze of lemon.

METHOD.—Trim the scallops by cutting off the beards and black parts, cleanse 6 shells, grease them, and strew in a few breadcrumbs. Put 2 scallops in each, season with cayenne, chopped parsley, and a drop or two of lemon-juice. Put a little pepper and salt with the breadcrumbs, cover the scallops with white sauce, sprinkle with

breadcrumbs, place little pieces of butter on the top, and bake for about 20 minutes.

TIME.—About 20 minutes. SUFFICIENT for 6 persons.

SCALLOPS, STEWED.

INGREDIENTS.—12 scallops, 1 oz. of butter, 1 oz. of flour, lemon-juice or vinegar, salt and pepper.

METHOD.—Open the shells like an oyster, remove the scallops, and trim away the beard and black parts. Wash well in two or three waters, then cover them with warm water and boil gently for about 50 to 60 minutes. Meanwhile, knead the flour and butter well together, mix in a little salt and pepper, separate into small pieces, and add them to the contents of the stewpan, about 20 minutes before serving. When ready, place the scallops on a hot dish, season the sauce to taste, add the lemon-juice or vinegar, and pour over the fish.

TIME.—About 1 hour. SUFFICIENT for 4 persons.

SHRIMPS.

See **Prawns.**

SKATE, BOILED.

INGREDIENTS.—1 skate, salt.

METHOD.—Clean and skin the skate, put it into a fish-kettle containing sufficient salted warm water just to cover it, and simmer gently for about 30 minutes, or until the fish separates readily from the bone. Drain well, dish on a folded napkin, and serve with shrimp, lobster, or caper sauce.

TIME.—30 to 50 minutes, according to size. SUFFICIENT for 1 dish.

Note.—Skate is seasonable from August to April.

SKATE, SMALL, FRIED.

INGREDIENTS.—Skate, vinegar, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of ½ a lemon, frying-fat.

METHOD.—Cleanse the skate, lay them in a dish with vinegar and water in equal parts to cover them, add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for about 1½ hours. Drain them well, flour them or cover them with egg and breadcrumbs, and fry in hot fat until nicely browned. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped, it should, therefore, be kept for a day.

TIME.—About 10 minutes.

SKATE WITH BROWN BUTTER.

Proceed as directed in the recipe for Skate, Boiled, and serve on a hot dish without a napkin. Meanwhile, heat 1 oz. of fresh butter until it becomes nut-brown in colour, then add a teaspoonful of vinegar and a little chopped parsley. Pour this hot over the fish, garnish with sprigs of parsley, and serve.

SMELTS, TO BAKE.

INGREDIENTS.—12 smelts, breadcrumbs, 2 oz. fresh butter, salt and cayenne to taste.

METHOD.—Wash and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine breadcrumbs, and place over them little pieces of butter. Season and bake for about 15 minutes. Just before serving add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

TIME.—About 15 minutes. SEASONABLE from October to May. SUFFICIENT for 4 persons.

SMELTS, TO FRY.

INGREDIENTS.—12 smelts, egg and breadcrumbs, flour, hot fat.

METHOD.—Smelts should be very fresh, and not washed more than is necessary to cleanse them. Dry them in a cloth, flour lightly, dip them in beaten egg, cover with very fine breadcrumbs, and put them into hot fat or oil. Fry a nice pale brown, then drain the smelts

before the fire on a piece of paper, and serve with plain melted butter. This fish is often used as a garnish.

TIME.—About 5 minutes. SUFFICIENT for 4 persons.

SOLE AU GRATIN.

INGREDIENTS.—1 large sole, ½ a glass of white wine, preserved mushrooms sliced, Italian sauce, mushroom liquor, chopped parsley, brown breadcrumbs, butter, salt and pepper, lemon-juice.

METHOD.—Take the sole, skin both sides, cut off the head and fins, and make several incisions with a knife across one side of the fish. Place, cut side upwards, on a well-buttered fire-proof "gratin dish," season with pepper and salt, add half a small glass of white wine, a few drops of lemon-juice, a little mushroom liquor and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a rich Italian sauce. Sprinkle with brown breadcrumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate oven from 20 to 30 minutes, according to the size of the sole. Place the dish as it leaves the oven on another (larger) dish, and send to table.

TIME.—From 20 to 30 minutes. SUFFICIENT for 2 or 3 persons.

Note.—Soles are seasonable at any time.

SOLE, BOILED.

INGREDIENTS.—1 large sole, salt.

METHOD.—Wash and clean the fish, but do not skin it, and cut off the fins. Have ready a fish-kettle with sufficient warm water to cover the fish, add salt to taste, put in the sole, and cook gently from 10 to 12 minutes, according to size. Drain well, dish on a folded napkin, garnish with parsley and cut lemon, and serve with shrimp, lobster, or melted butter sauce.

TIME.—After the water boils, 10 to 12 minutes for a large sole.

SOLE, FRIED.

INGREDIENTS.—1 or 2 medium-sized soles, oil or clarified fat, egg, breadcrumbs, flour, salt and pepper.

METHOD.—Wash and skin the soles, cut off the fins, and dry well. Add a liberal seasoning of salt and pepper to a teaspoonful of flour, rub it well into the sole, then brush it over with beaten egg, and cover with fine breadcrumbs. Lift it carefully on to the wire drainer, lower it into the hot oil or fat, and fry until it acquires a pale, golden-brown colour. Soles may also be fried, though less easily, and sometimes less satisfactorily, in a large frying-pan. The oval form is preferable for the purpose; and in frying, care should be taken first to cook the side of the sole intended to be served uppermost, otherwise breadcrumbs that have become detached from the side first fried may adhere to the side next cooked and spoil its appearance. Drain well on kitchen paper, and serve garnished with fried parsley.

TIME.—About 10 minutes. SUFFICIENT for 2 or 3 persons.

SOLE, WITH FINE HERBS.

INGREDIENTS.—1 medium-sized sole, 1 oz. of butter, ¼ pint of good stock, 2 finely-chopped shallots, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful each of anchovy and Harvey sauce, salt and pepper.

METHOD.—Melt the butter in a sautépan, add the rest of the ingredients, except the anchovy and Harvey sauce, and warm gradually. Wash and skin the sole, put it into the pan as soon as the contents are hot, cover closely, and cook in a moderate oven for about ½ an hour. Just before serving add the anchovy and Harvey sauce, then place the sole on a hot dish, and strain the sauce over.

TIME.—About 40 minutes. SUFFICIENT for 2 or 3 persons.

SPRATS.

Sprats should be cooked very fresh. Their condition can be ascertained by their eyes, which should be bright. Wipe them dry, fasten them in rows by a skewer run through the eyes, dredge with flour, and grill them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot, with cut lemons and brown bread and butter.

TIME.—About 3 or 4 minutes. SEASONABLE from November to April. SUFFICIENT, allow 1 lb. for 3 persons.

SPRATS, DRIED.

Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found better than boiling them. They can also be grilled.

TROUT, BAKED.

INGREDIENTS.—2 trout, veal forcemeat (*see* Forcemeats), 3 oz. of butter or good dripping, 1 oz. of flour, 1 dessertspoonful of capers, 1 teaspoonful of lemon-juice, ½ teaspoonful of anchovy-essence, pepper and salt.

METHOD.—Clean, scale, empty, and dry the fish. Make the forcemeat as directed, put it inside the trout, and sew up the openings. Place the fish in a baking-tin or dish with 2 oz. of butter or dripping, and bake in a moderate oven for about ½ an hour, basting frequently. Fry the flour and the rest of the butter or dripping together; and when the fish is ready remove it to a hot dish, and strain the liquor in the baking-dish on to the flour and butter or dripping. Add about ½ a pint of stock and stir until it boils and becomes smooth, then add the capers, lemon-juice, anchovy-essence, and season to taste. Simmer about 10 minutes, then pour over the fish and serve.

TIME.—About 1 hour, altogether. SEASONABLE from Feb. to Sept. SUFFICIENT for 5 or 6 persons.

TROUT, BOILED.

INGREDIENTS.—2 medium-sized trout, ½ of a pint of melted butter, 1 tablespoonful of coarsely-chopped gherkin, salt and pepper.

METHOD.—Empty and wash the trout, barely cover them with hot, but not quite boiling, salted water, and simmer gently for about 10 to 12 minutes, according to size. Have the sauce ready, add the gherkin, season to taste, pour over the fish and serve.

TIME.—About 10 to 12 minutes. SUFFICIENT for 3 or 4 persons.

TURBOT AU GRATIN.

INGREDIENTS.—Remains of cold turbot, Béchamel, or any good white sauce, breadcrumbs, butter and seasoning.

METHOD.—Divide the flesh of the turbot into small pieces, carefully freeing it from bone and black skin. Place it in a fire-proof baking dish or dishes, add a little good white sauce and seasoning, cover with finely-grated white or brown breadcrumbs, and place small pieces of butter over the top. Brown it in the oven or under the salamander.

TIME.—About ½ an hour.

TURBOT, BOILED.

INGREDIENTS.—1 medium-sized turbot, or a cut weighing from 1½ to 2 lb., salt and pepper.

METHOD.—Wipe the fish, thoroughly trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Make an incision down the middle of the back, to lessen the possibility of the skin on the white side cracking, and rub the white side of the fish with a cut lemon to retain its whiteness. Have ready a turbot-kettle, with as much warm water as will cover the fish, add salt to taste, put in the fish, bring gradually to near boiling point, then simmer very gently from 15 to 20 minutes. Drain the fish and dish it up neatly. Garnish with lobster coral,

parsley, and cut lemon, and serve with Hollandaise, anchovy, shrimp, or lobster sauce.

TIME.—About 15 to 20 minutes, after the water boils. SUFFICIENT for 1 dish.

WATER SOUCHET.

INGREDIENTS.—Flounders, plaice, soles, perch or tench, carrot, parsley, salt.

METHOD.—Any of the above-named fish will be found suitable. Wash and clean the fish, put it into a stewpan with just sufficient cold water to cover it, add a small bunch of parsley and salt to taste. Cook gently until done, then transfer the fish carefully to a serving dish, sprinkle over some finely-chopped parsley and finely-shredded carrot, previously cooked in salted water. Strain and add the liquor, then serve. Thinly-cut brown bread and butter should be handed round with this dish.

WHITEBAIT.

INGREDIENTS.—Whitebait, ice, flour, cayenne, salt, frying-fat.

METHOD.—The frying of whitebait is a most difficult task for cooks with little experience. The following is a well-tried method which, if carefully followed, never fails to produce satisfactory results: Put the whitebait with a piece of ice in a basin, which must be kept on the ice. When required for cooking, spread the fish on a cloth to drain, then sprinkle a clean cloth with flour, put a small quantity of whitebait on this, sprinkle over some more flour, fold the cloth and shake it well, holding the ends of the cloth with both hands. Turn the contents into a wire frying basket, and shake it so as to get rid of the superfluous flour. Plunge the basket into a pan of clean, very hot fat, and fry rapidly over a bright fire for a few minutes. Keep moving the basket all the time the frying goes on. Take up the basket, shake so as to strain off the fat, and turn the fish on to a cloth or paper; repeat this until all the whitebait are fried. Season with cayenne or black pepper, and fine salt. Dish up on a folded napkin or lace paper, and send the fish to table accompanied with quarters of lemon and thin slices of brown bread and butter.

TIME.—About 3 to 4 minutes. SEASONABLE from Jan. to Sept.

WHITING, BAKED.

See **Sole au Gratin.**

Use skinned whiting, and proceed in the same manner.

WHITING, BOILED.

INGREDIENTS.—Whiting, salt.

METHOD.—Clean the fish, but do not skin them. Have ready a shallow pan with sufficient warm water to cover them, salt it slightly, put in the fish, bring gently to the boil, and simmer for about 7 or 8 minutes (if small). Drain well, serve on a dish paper or folded napkin, garnish with parsley, and serve with a suitable sauce.

TIME.—About 7 or 8 minutes for small whiting. SEASONABLE all the year, but best from October to March. SUFFICIENT; allow 1 small whiting for each person.

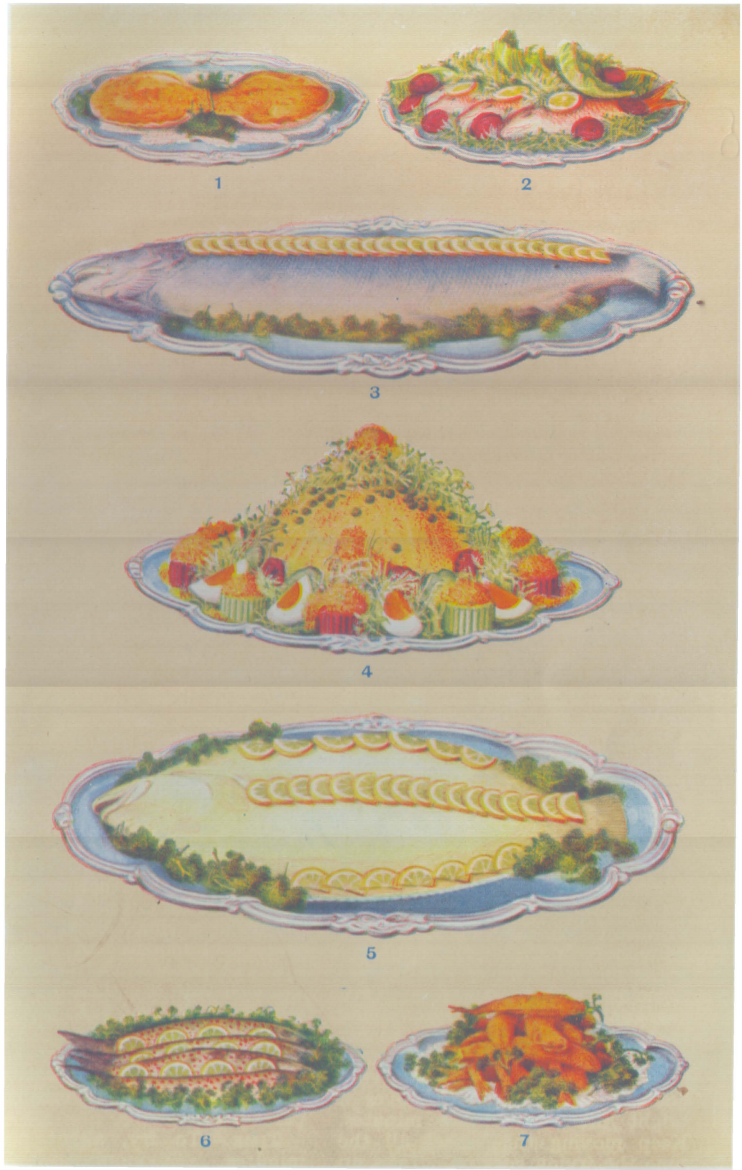
WHITING, FRIED.

INGREDIENTS.—3 or 4 whiting, 1 egg, breadcrumbs, flour, salt, pepper, frying-fat or oil.

METHOD.—Wash, clean, and dry the fish, and remove their skins, and fasten the tail in the mouth by means of a small skewer. Mix a large tablespoonful of flour with salt and pepper, and sprinkle the fish well with it; then brush them over with beaten egg, coat them with breadcrumbs, and fry until nicely browned in hot fat. Serve on a fish paper, garnished with sprigs of fresh or crisply-fried parsley.

TIME.—To fry, about 6 or 7 minutes. SUFFICIENT, 1 small whiting for each person.

FISH.



1—Scallops au Gratin. 2 Red Mullet. 3—Salmon au Naturel.
4—Mayonnaise of Salmon. 5—Turbot. 6—Brown Trout. 7—Smelts.

ENTRÉES AND LUNCHEON DISHES.

Full instructions for the various methods of cooking meat, etc., will be found on pp. 51, 58.

The term entrée is used to designate practically all kinds of made dishes, from the simple rissole of cold meat to the artistic productions for which this part of the dinner provides such ample scope. As entrées are always handed, they come more under the direct observation of the guest than any other part of the service, consequently it is upon the dishes forming this course that the taste and skill of the cook is largely bestowed. Tasteful dishing and a little artistic decoration is desirable, but over-ornamentation is in bad taste, and should be studiously avoided.

Sauces are usually served in the dish, poured round the entrée in many cases, sometimes poured over it. The exception to this rule is when soufflés and other mixtures are served in china or paper cases, then the accompanying sauce is served in a sauce-boat.

BEEF, CURRIED.

INGREDIENTS.—1 lb. of lean, tender, uncooked beef, 1 pint of stock or water, 1 oz. of butter or good dripping, ½ a dessertspoonful of flour, 1 teaspoonful of curry-powder, 1 saltspoonful of curry-paste, 1 small sour apple, 1 small onion chopped, 1 teaspoonful of lemon-juice, salt, 2 oz. of rice.

METHOD.—Cut the meat into slices about ¼ inch thick, and 1 inch square. Melt the butter or dripping in a stewpan, fry the meat quickly and lightly, then take it out on to a plate, put in the onion, flour, and curry-powder, and fry gently for about 10 minutes. Add the stock, curry-paste, apple sliced, and salt to taste, boil, replace the meat, cover closely, and cook gently for about 1½ hours. Boil the rice, drain, and dry thoroughly. When the meat is done, remove it to a hot dish, season the sauce to taste, add the lemon-juice, and strain over the meat. The rice should be served separately.

TIME.—About 2 hours. SUFFICIENT for 4 persons.

BEEF FILLETS.

See recipe, p. 149.

BEEF FRITTERS.

See recipe, p. 192.

BEEF GALANTINE.

See **Galantine of Beef**, p. 149.

BEEF MIGNONS.

See **Fillets of Beef**, p. 149.

BEEF RISSOLES OR CROQUETTES.

See recipe, p. 193.

BEEF SAUSAGES.

INGREDIENTS.—1 lb. of lean beef, ½ lb. of beef suet, a good pinch of powdered allspice, salt and pepper, sausage-skins, frying-fat.

METHOD.—Chop both beef and suet as finely as possible, add the allspice, salt and pepper to taste, and mix well. Press the mixture lightly into the prepared skins, prick well, and fry in hot fat until cooked and well-browned. When sausage skins are not available, the mixture may be shaped into small cakes, which should be floured before frying.

TIME.—To fry, about 10 to 15 minutes. SUFFICIENT for about a dozen sausages.

BRAIN CAKES.

INGREDIENTS.—Calf's brains, 1 small onion sliced, 1 bay-leaf, 6 peppercorns, 2 eggs, breadcrumbs, frying-fat, salt and pepper, vinegar.

METHOD.—Wash the brains in salt and water, remove the skin and fibres, and let them remain in salt and water until wanted. When the calf's head is cooking they may be tied in muslin and boiled with it for about 20 minutes. When cooked separately, they must be put into a stewpan with as much water as will cover them, 1 teaspoonful of salt, 1 tablespoonful of vinegar, the slices of onion, peppercorns, and bay-leaf, and cooked gently for the same length of time or until firm. When cool, chop finely, season well with salt and pepper, and add as much beaten egg as is necessary to bind the ingredients together. Stir over the fire until the mixture thickens, and when cool form into small round cakes, coat them with beaten egg and breadcrumbs, and fry until lightly browned in hot fat.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

BUBBLE AND SQUEAK.

See recipe, p. 194.

CHICKEN CUTLETS

See recipe, p. 194.

CHICKEN SOUFFLÉ.

See recipe, p. 178.

CHICKEN TIMBALES.

See recipe, p. 178.

CHOPS, MUTTON, GRILLED.

INGREDIENTS.—Loin of mutton, salad-oil or oiled butter, salt and pepper.

METHOD.—Divide the loin into chops, trim away any superfluous fat, curl the end round, and fasten securely with a small skewer. Brush over with salad-oil or butter, grill over or in front of a clear fire, turning three or four times, then season with salt and pepper.

TIME—To grill, 7 to 10 minutes.

CROQUETTES.

See **Beef Rissoles, Chicken Cutlets,** etc., pp. 193 and 194.

CUTLETS.

See recipes for **Mutton Cutlets,** p. 158; **Pork Cutlets,** p. 164, etc.

HOT POT.

INGREDIENTS.—1 lb. of lean beef, 1 or 2 lb. of potatoes, ½ lb. of onions, salt and pepper.

METHOD.—Remove the fat from the meat, and cut it into 4 or 5 pieces; cut the onions into very thin slices, and divide each potato across into 3 or 4 pieces. Put a layer of potato at the bottom of an earthenware dish, then a layer of meat, add a few slices of onion, and season well with salt and pepper. Continue until all the material is used, potato forming the top layer. Fill the dish three parts full with cold water, adding more later if the hot pot appears at all dry. Cover with a greased paper, and bake slowly for about 2 hours. Serve in the dish in which it is cooked.

TIME.—About 2 hours, to bake.

IRISH STEW.

INGREDIENTS.—1½ lb. of neck of mutton, 2 lb. of potatoes, 1 small onion, 6 button onions, 1 pint of stock or water, salt and pepper, a little finely-chopped parsley.

METHOD.—Cut the meat into pieces convenient for serving, and trim off some of the fat. Wash, peel, and slice the potatoes and the small onion, peel the button onions and blanch them. Put a layer of potatoes at the bottom of a stewpan, cover these with a layer of meat, add a slice or two of onion, and season well with salt and pepper. Repeat until all the materials are used; the top layer must consist of potato, and the button onions should be interspersed. Add the stock or water and when it comes to the boil skim well, but unless the meat be very fat little subsequent skimming is needed as the potatoes absorb the greater part melted out of the meat. The stewpan must be kept covered, and the contents cooked gently for about 1½ hours, or until the potatoes are thoroughly cooked and the stew loses its watery appearance. If liked, a teaspoonful of mushroom or walnut ketchup may be added before serving. Pile in the centre of a hot dish, sprinkle on a little chopped parsley, and serve.

TIME.—About 2 to 3 hours. SUFFICIENT for 3 or 4 persons.

KEDGEREE.

See recipe, p. 116.

KIDNEYS.

See recipes for **Ox-Kidney, Pig's Kidneys, Sheep's Kidneys**, etc.

LAMB'S FRY.

INGREDIENTS.—1½ lb. of lamb's fry, 1 level dessertspoonful of flour, 2 tablespoonfuls of cold water, 1 egg, 2 or 3 oz. of clarified fat, 1 tablespoonful of flour, salt and pepper, about ½ pint of hot water.

METHOD.—Wash the fry, put it into a stewpan with sufficient cold water just to cover it, bring to the boil, cook for a few minutes, then drain and dry well. Mix the flour, 1 saltspoonful of salt, and half the quantity of pepper into a smooth batter with the 2 tablespoonfuls of cold water, and add to it the egg previously beaten. Heat the clarified fat in a frying-pan; dip the pieces of fry in the batter, and fry them gently until nicely browned on both sides, but take care not to overcook the liver. Have ready a very hot dish, on which to put the fry, and keep it as hot as possible while the gravy is being made. The fat in the pan may be used for this purpose, or, if preferred, it can be poured away, and 1 oz. of butter used instead. Stir the flour into the fat, and when brown, pour in the hot water, stir and boil for about 5 minutes, season to taste, and either strain it round the dish or serve it separately in a sauceboat.

TIME.—To cook, about 15 or 20 minutes. SUFFICIENT for 3 or 4 persons.

Note.—If preferred, the fry may be coated with egg and breadcrumbs, instead of the batter before frying.

LAMBS' SWEETBREADS, FRIED.

INGREDIENTS.—1 lb. of lambs' sweetbreads, ½ pint of gravy, tomato sauce or any other sauce preferred, 1 egg, breadcrumbs, butter or frying-fat, flour, salt and pepper.

METHOD.—Soak the sweetbreads in water for about 2 hours, changing the water three or four times; then drain well, and place in a stewpan containing just sufficient cold water to cover them. Add a little salt, bring to the boil, cook gently for about 15 minutes, then press between 2 dishes until cold. Roll lightly in a little flour seasoned with salt and pepper, coat carefully with egg and breadcrumbs, and fry

in hot fat until lightly browned. Serve the gravy or sauce separately.

TIME.—To fry, about 6 or 8 minutes. SUFFICIENT for 3 or 4 persons.

LIVER SAUSAGES.

INGREDIENTS.—1 lb. of calf's liver, ½ of a lb. of fat bacon, ½ a lb. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ of a teaspoonful of powdered thyme, ½ of a teaspoonful of finely-grated lemon-rind, ½ of a teaspoonful of grated nutmeg, 1 teaspoonful of salt, ½ of a teaspoonful of pepper, 2 eggs, a little milk if necessary, skins.

METHOD.—Chop the liver and bacon very finely, mix them together, and add the breadcrumbs and the rest of the dry ingredients. Stir in the eggs, and if too stiff, moisten with a little milk. Press the mixture into the skins, leaving room for the bread to swell. Put them aside for 5 or 6 hours, then prick well, fry in hot fat until well-browned, and serve either on toast or with mashed potato.

TIME.—About 6 or 7 hours. SUFFICIENT for 5 or 6 persons.

OX-KIDNEY, FRIED.

INGREDIENTS.—1 lb. of ox-kidney, 2 oz. of dripping, 1 teaspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, salt, cayenne, flour.

METHOD.—Cut the kidney into slices about ½ of an inch thick, and remove the core. Make the dripping hot in a sautépan, mix 1 tablespoonful of flour, ½ a teaspoonful of salt, and ¼ of a teaspoonful of pepper together on a plate, dip the slices of kidney in the mixture, and fry them gently in the fat for about 20 minutes, turning them two or three times, and keeping the sautépan covered. Have ready a very hot dish, arrange the kidney neatly in two rows, add the lemon-juice, parsley, and a pinch of cayenne to the fat in the sautépan, and pour over the kidney. Serve as hot as possible.

TIME.—About 30 to 35 minutes. SUFFICIENT for 4 or 5 persons.

OX-KIDNEY, STEWED.

INGREDIENTS.—1 lb. of ox-kidney, 1 pint of water, 1 oz. of beef dripping, 1 oz. of butter, flour, 1 finely-chopped small onion, salt and pepper.

METHOD.—Cut the kidney into slices about ½ of an inch thick, and remove the core. Make the dripping hot in a stewpan, season a tablespoonful of flour with ½ a teaspoonful of salt, and a ¼ of a teaspoonful of pepper; dip the slices of kidney in the mixture, and fry them in the hot fat until browned on both sides, and at the same time fry the onion. Drain away the fat, add 1 pint of nearly boiling stock or water, a little salt and pepper, cover closely, and simmer very slowly for about 1 hour. Knead the butter and 1½ oz. of flour smoothly together, add it in small portions to the contents of the stewpan, cook for 20 minutes longer, or until the kidney is perfectly tender. Arrange the slices of kidney neatly on a hot dish, season the sauce to taste, and strain it over. When intended for luncheon the kidney may be served within a border of mashed potato, and the dish garnished with small cooked tomatoes. For breakfast it may be varied by the addition of small rolls of fried bacon, poached eggs, or sippets of toasted or fried bread.

TIME.—About 1½ hours. SUFFICIENT for about 4 persons.

OX-LIVER, ROAST.

INGREDIENTS.—2 lb. of liver, ½ of a lb. of fat bacon, salt and pepper, flour.

METHOD.—Wash and dry the liver, place it in a deep baking-dish, surround it to ½ its depth with hot water, and cover with slices of bacon. Bake gently for

about 1½ hours, basting well, and dredging frequently with flour highly seasoned with salt and pepper during the process. (The bacon may be cut into dice and served as a garnish, in which case it must be kept covered with two or three thicknesses of greased paper while cooking, otherwise it will become too crisp.)

TIME.—About 1½ hours. SUFFICIENT for 5 or 6 persons.

PIGEON PIE.

See recipe, p. 182.

PIG'S FRY.

INGREDIENTS.—A pig's fry, which consists of the heart, lights, liver, and sweetbread, frying-fat, flour, salt and pepper, sage.

METHOD.—Wash the fry well, cover it with water, add a little salt, and cook gently for about ½ an hour. Drain and dry well, cut into thin slices, and coat them lightly with flour seasoned with salt, pepper, and a little sage. Fry in hot fat until nicely browned, then remove and keep hot. Sprinkle a little flour on the bottom of the frying-pan, let it brown, then pour in a little boiling-water, and add seasoning. Boil up, strain, and serve round the fry, or separately.

TIME.—About 1 to 1½ hours. SUFFICIENT, allow 1 lb. for 4 or 5 persons.

PIG'S KIDNEYS, GRILLED.

INGREDIENTS.—Pig's kidneys, salt and pepper, powdered sage, salad-oil, Maître d'Hôtel or parsley butter.

METHOD.—Split the kidneys lengthwise, remove the skin, and pass a skewer through them to keep them flat. Brush over with salad-oil, sprinkle with sage, salt and pepper, and grill over a clear fire, cooking the cut side first. Place a small pat of Maître d'Hôtel butter in the centre of each half, and serve as hot as possible.

TIME.—About 5 to 7 minutes.

PIG'S LIVER, SAVOURY.

INGREDIENTS.—1 lb. of pig's liver, 1 lb. of potatoes, ½ lb. of onions, ½ teaspoonful of powdered sage, 1 teaspoonful of salt, ⅛ a teaspoonful of pepper, ½ pint of water, apple sauce.

METHOD.—Wash and dry the liver, cut it into rather thick slices, cut the onions into small dice, and slice the potatoes. Place a layer of potato at the bottom of a greased pie-dish, cover with slices of liver, add a good sprinkling of onion, and season well with salt and pepper. Repeat until all the materials are used, letting potato form the top layer. Pour in the water, cover with a greased paper, and bake slowly for about 2 hours. Towards the end, remove the paper to allow the potatoes to brown. Serve with apple sauce.

TIME.—About 2 hours. SUFFICIENT for 5 or 6 persons.

POTATO PASTY.

INGREDIENTS.—½ a lb. of paste, ½ of a lb. of raw lean beef cut into dice, ½ of a lb. of parboiled potatoes cut into dice, 1 very small onion cooked and finely chopped, pepper and salt, gravy or water.

METHOD.—Make the paste, roll it out, keeping it as round as possible. Mix the meat, potato and onion together, season well, and moisten with 2 or 3 tablespoonfuls of gravy or water. Place the meat preparation on half of the paste, wet the edges, fold the other half over, and join neatly and securely. Prick, and bake in a moderate oven for nearly 1 hour, and serve hot or cold.

TIME.—To bake, about 50 to 60 minutes. SUFFICIENT for 2 or 3 persons.

RISSOLES.

See **Beef Rissoles**, p. 193.

SAUSAGES.

See **Beef, Pork, Liver Sausages, etc.**

SCOTCH COLLOPS.

See p. 202.

SCOTCH HAGGIS.

INGREDIENTS.—A sheep's paunch and pluck, 1 lb. of finely-chopped beef suet, ½ pint of oatmeal, 2 finely-chopped Spanish onions, 2 tablespoonfuls of salt, 1 teaspoonful of pepper, ½ a nutmeg finely grated, 1½ pints of good stock or gravy, the juice of 1 lemon.

METHOD.—Soak the paunch for several hours in salt and water, then turn it inside out and wash it thoroughly in several waters. Wash the pluck, cover the liver with cold water, boil it for about 1½ hours, and at the end of ½ of an hour add to it the heart and lights. Chop half the liver into medium-sized pieces. Chop the remainder and the heart and lights finely, mix all together, add the oatmeal, suet, onions, salt, pepper, nutmeg, lemon-juice, and stock. Turn these ingredients into the paunch, sew up the opening, taking care that sufficient space is left for the oatmeal to swell: if the paunch be over-full, there is a possibility of its bursting. Put the haggis into boiling water, and cook gently for about 3 hours; during the first hour it should be occasionally pricked with a needle, to allow the air to escape. As a rule, neither sauce nor gravy is served with a haggis. When a small dish is required, a lamb's paunch and pluck may be substituted for the sheep's.

TIME.—To boil the haggis, about 3 hours. SUFFICIENT for 9 persons.

SHEEP'S KIDNEYS, FRIED.

INGREDIENTS.—Sheep's kidneys, good dripping, salt and pepper.

METHOD.—Cut the kidneys open lengthwise, but without quite dividing them, and remove the skins. Run a skewer through them to keep them flat, place the kidneys, cut side down, in a frying-pan containing a little hot fat, and fry quickly on both sides. Season with salt and pepper, pour a little hot gravy around them, and serve.

TIME.—About 5 or 6 minutes. SUFFICIENT, 1 for each person.

SHEEP'S KIDNEYS, GRILLED.

INGREDIENTS.—Kidneys, croûtons of fried bread or buttered toast, salad-oil or oiled butter, Maître d'Hôtel butter.

METHOD.—Cover the kidneys with boiling water, and let them remain in it for about 2 minutes. Drain, dry, remove the skin, split in two lengthwise, but without detaching the halves. Pass a steel skewer through them, to keep them open, brush over with salad-oil, or oiled butter, season with salt and pepper, and grill them over a clear fire, cooking the cut side first. Time required for cooking depends upon the size of the kidney and individual taste; about 5 minutes will be found sufficient for a small kidney, and about 8 minutes for a large one; kidneys are almost uneatable when over-cooked. Have the croûtons ready and as hot as possible, place a kidney on each with a small pat of Maître d'Hôtel butter in the centre of each kidney. Serve at once.

TIME.—To grill, about 5 to 8 minutes. SUFFICIENT, 1 to each person.

SHEEP'S KIDNEYS, SAUTÉD.

INGREDIENTS.—3 sheep's kidneys, 1 oz. of butter or good fat, ½ pint of brown sauce, 1 tablespoonful of sherry (optional), 1 shallot finely chopped, salt and pepper.

METHOD.—Immerse the kidneys in boiling water for about 2 minutes, drain, dry, remove the skins and cores, and cut them into ¼-inch slices. Heat the butter or fat in a sautépan, fry the shallot slightly, put in the sliced kidney, and shake or toss over the fire for a few minutes. Drain off a little of the fat, add the brown sauce, sherry (if used), salt and pepper, stir by the side of the fire until thoroughly hot

but do not let the mixture boil. Serve as hot as possible.

TIME.—About 5 or 6 minutes.

SHEEP'S TONGUES, BRAISED.

INGREDIENTS.—4 sheep's tongues, ½ pint of brown sauce, glaze. For the mirepoix or foundation, 1 oz. of butter, 1 or 2 slices of bacon, 1 onion, 1 carrot, ½ a turnip, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, ½ a pint of stock.

METHOD.—Soak the tongues in salt and water for about 2 hours, blanch and fry them thoroughly. Slice the vegetables, put them into a stewpan with the butter, bouquet-garni and peppercorns, lay the tongues on the top, put on the lid, and cook gently for about 20 minutes. Then add hot stock nearly to cover the vegetables, lay the bacon on the top of the tongues, cover with a greased paper, put on the lid, and cook gently for about 2½ hours, or until the tongues are tender. When ready, skin them, slit them in halves lengthwise, brush over with warm glaze, place them on a greased paper on a baking-sheet, and put them into a moderate oven for a few minutes to reheat. Dish in 2 rows on a bed of mashed potato, or a purée of spinach, pour a little hot sauce round, and serve the remainder in a sauceboat.

TIME.—About 3 hours. SUFFICIENT for 5 or 6 persons.

SHEEP'S TONGUES, FRIED.

INGREDIENTS.—4 sheep's tongues, ½ pint of tomato or piquant sauce, 3 oz. of butter or good fat, breadcrumbs, mirepoix of vegetables, as in preceding recipe.

METHOD.—Braise the tongues as directed in the preceding recipe, Warm the butter or fat, dip each half tongue in it, and coat these with breadcrumbs, pressing them firmly on with a knife. Turn the fat into a sautépan, and fry the tongues until the entire surface is lightly browned. Dish on a bed of spinach and serve the sauce round the base of the dish.

TIME.—About 3 hours. SUFFICIENT for 5 or 6 persons.

SHEEP'S TONGUES IN PAPER CASES.

INGREDIENTS.—Sheep's tongues, stock. To 2 or 3 tongues allow ½ a pint of brown sauce, ½ an oz. of butter, 1 tablespoonful of chopped mushroom, 1 shallot finely chopped.

METHOD.—Soak the tongues in salted water for about 2 or 3 hours, and afterwards simmer them in stock for about 2 hours, or until tender. Skin them, cut them in halves, and trim away all the root of the tongue. Heat the butter, fry the shallot lightly, add the mushroom, toss over the fire for a few minutes, then put in the sauce and bring to the boil. Have ready some well-oiled sheets of foolscap paper, lay half a tongue in each, adding a little of the prepared sauce. Fold neatly, place the cases on a baking-sheet, cover with 3 or 4 folds of greased paper, bake gently for about 15 minutes, then serve in the cases.

TIME.—To simmer, about 2 hours. To bake, about 15 minutes. SUFFICIENT, 1 for each person.

SWEETBREADS, TO BLANCH.

In whatever form the sweetbreads may be subsequently dressed, they must be first blanched, to render them white and firm. One hour's soaking, at least, in cold water is necessary to free them from blood, and they may with advantage be allowed to remain longer. They should then be put into a stewpan, covered with cold water, and brought slowly to the boil, and after a few minutes' gentle cooking, may be either transferred to a basin of cold water and allowed to remain in it until cold, or well washed in cold water and pressed between two dishes.

SWEETBREAD, BRAISED.

INGREDIENTS.—A calf's sweetbread, ½ pint of stock, a very small onion, 1 very small carrot, ½ a small turnip, ½ a strip of celery, 4 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), glaze, 1 croûte of fried bread, ½ pint of good gravy, or tomato sauce.

METHOD.—Blanch the sweetbread (*see* Sweetbreads, to Blanch), slice the vegetables, put them into a stewpan with the bouquet and peppercorns, nearly cover them with stock, adding more when required. Wrap the sweetbread in a greased paper, place it on the top of the vegetables, put on the lid, and cook gently for about ¾ of an hour. In the meantime, cut a block (croûte) of bread to fit the dish, and not less than 2 inches in thickness. Fry in hot fat, drain well, place the sweetbread on the top of the bread, brush it over with glaze, pour round the gravy or tomato sauce, and serve. If preferred, the dish may be garnished with little groups of green peas, haricots verts, or a macedoine (mixed garnish) of vegetables, either placed at the four corners or at intervals round the base of the croûte.

TIME.—About ¾ of an hour, after the sweetbread is blanched. SUFFICIENT for 3 or 4 persons.

SWEETBREAD, FRIED.

INGREDIENTS.—1 calf's heart, sweetbread, 1 pint of white stock or water (when water is used, add a little onion, carrot, and turnip), 1 egg, breadcrumbs, frying-fat.

METHOD.—Blanch the sweetbread (*see* Sweetbreads, to Blanch), then put it into a stewpan with the stock, add seasoning if necessary, and simmer gently for about 40 minutes. Press between two plates until cold, then cut into slices, brush over with beaten egg, coat with breadcrumbs, and fry in hot fat, until lightly browned. Drain well, and serve on a napkin or dish paper, garnished with fried parsley.

TIME.—About 1¼ hours, after the sweetbread is blanched. SUFFICIENT for 2 or 3 persons.

TOAD-IN-THE-HOLE.

INGREDIENTS.—1 lb. of beefsteak (cut up small), 4 oz. of flour, ½ pint of milk, 1 egg, salt, dripping.

METHOD.—Mix the flour, milk, egg, and a little salt into a smooth batter. Put into a Yorkshire pudding tin sufficient dripping to form a thin layer when melted, pour in about ¼ of the batter, and bake until set. Then add the meat, season it with salt and pepper, pour in the remainder of the batter, bake quickly until it has risen and set, and then cook more slowly until sufficiently cooked. Cut and serve in squares arranged neatly overlapping each other on a hot dish.

TIME.—To bake, about 1 hour. SUFFICIENT for 3 or 4 persons.

TRIPE AND ONIONS.

INGREDIENTS.—2 lb. of dressed tripe, 2 large onions, ½ pint of milk, ½ pint of water, 1 tablespoonful of flour, 1 teaspoonful of salt and pepper.

METHOD.—Cut the tripe into 3-inch squares, put them into a stewpan, cover with cold water, bring to boiling point, and strain. Replace the tripe, add the milk, water, and salt, boil up, put in the thinly-sliced onions, and simmer for about 3 hours. About twenty minutes before serving have the flour mixed smoothly with a little milk, pour it into the stewpan, stir until boiling, and simmer for about 15 minutes. Season to taste, and serve.

TIME.—About 3½ hours. SUFFICIENT for 4 or 5 persons.

VEAL AND HAM PATTIES.

See recipe, p. 204.

Note.—See also recipes in chapters on *Breakfast Dishes*; *Milk, Butter, Cheese and Eggs*; and *The Art of "Using-up" Cold Remains.*

VEAL.

See also chapters on **The Art of "Using-up" Cold Remains, and Entrées and Luncheon Dishes.**

Full instructions for the various methods of cooking meat will be found on pp. 51–58.

BREAST OF VEAL, STEWED.

INGREDIENTS.—Breast of veal, 1 onion, 1 small carrot, 1 very small turnip, 6 peppercorns, salt, parsley or Piquant sauce (*see* Sauces).

METHOD.—Put the veal into a saucepan with as much cold water as will cover it, bring to the boil, skim well, add the vegetables cut into dice, and peppercorns, salt to taste, cover closely, and simmer gently for about 2½ or 3 hours. To serve, pour a little hot sauce over the veal, and send the remainder to table in a sauceboat.

TIME.—From 2½ to 3 hours. SUFFICIENT, 2 lb. for 4 or 5 persons.

Note.—See Notes on Stewing, p. 57.

BRAIN CAKES.

See recipe, p. 130.

CALF'S BRAINS, FRIED.

INGREDIENTS.—1 or 2 calf's brains, vinegar, 1 small onion. For the batter: 2 oz. of flour, 1 tablespoonful of salad-oil, ¼ gill of tepid water, the white of 1 egg, salt, frying-fat.

METHOD.—Remove the skin and fibres, wash the brains in several waters, put them into a stewpan with the onion (sliced), and a tablespoonful of vinegar, bring to the boil, and simmer gently for about 10 minutes. Remove from the stewpan, strain, dry well, and cut the brains into rather thin slices. Add a little salt to the flour, mix smoothly with the salad-oil and water, whip the white of egg stiffly, and stir it lightly into the batter. Have ready a deep pan of hot fat, dip each slice of brain into the batter, drop these into the hot fat, and fry them until lightly browned. Drain well, dish up, garnish with fried parsley, and serve hot.

TIME.—From 30 to 40 minutes. SUFFICIENT for 3 or 4 persons.

CALF'S FEET FRICASSÉE.

INGREDIENTS.—2 cooked calf's feet (those which have been boiled down for jelly may be used), ½ pint of white sauce, ½ teaspoonful of finely-chopped parsley, ½ teaspoonful of lemon-juice, 1 tablespoonful of small dice of cooked ham or bacon, salt and pepper, nutmeg.

METHOD.—Remove all the bones, and cut the meat into pieces of equal size. Make the white sauce as directed, add to it the ham or bacon, the pieces of calf's feet, and let the stewpan stand by the side of the fire until the contents are thoroughly hot; then put in the parsley and lemon-juice, season to taste, and serve.

TIME.—From 10 to 15 minutes. SUFFICIENT for 3 or 4 persons

CALF'S HEAD, BOILED.

INGREDIENTS.—Half a calf's head. For the stock: 1 onion, 1 carrot, 1 small turnip, 1 strip of celery, a bouquet-garni, 6 peppercorns, salt. For the sauce: ½ oz. of butter, ½ oz. of flour, ½ pint of stock, ½ pint of milk, lemon-juice, ½ dessertspoonful of finely-chopped parsley, 1 egg, browned breadcrumbs.

METHOD.—Take out the brains. Wash the head well, let it soak for about 12 hours in salted water, changing it two or three times. Put the head into a saucepan with a handful of salt, cover with cold water, bring to the boil, then drain and wash well in cold water. Return to the saucepan, cover with cold water, boil, skim well, then add the vegetables, bouquet-garni, etc., and cook gently for about 2½ hours, or until the bones can be easily removed. Boil the tongue at the same time. The head may be served plainly boiled, but it presents a better appearance when it has been coated with egg and brown breadcrumbs, and baked for about 20 minutes in the oven, being frequently basted during the time. The head must be rolled and bound with string, and the bare parts under the string sprinkled with breadcrumbs before serving. To make the sauce, melt the butter and add the flour, and mix together without browning, add the milk and ½ pint of liquor from the pot, stir until boiling, and simmer gently for about 10 minutes. Season to taste, add the parsley and a little lemon-juice. The tongue should be skinned and sliced. The brains should be well washed, soaked for a few hours in salt and water, tied loosely in muslin, and boiled about ½ an hour with the head. They may be put aside to be used later as an entrée, or served with the head.

TIME.—To cook, about 4 hours. SUFFICIENT for 5 or more persons.

CALF'S HEAD, FRICASSÉE.

INGREDIENTS.—½ a calf's head, 1 pint of the liquor in which the head was boiled, 1½ oz. of butter, 1½ oz. of flour, 1 tablespoonful of cream, 1 tablespoonful of milk, the yolk of 1 egg, the juice of 1 lemon, a pinch of mace, salt, pepper, rolls of fried bacon, forcemeat balls.

METHOD.—Prepare and boil the calf's head as directed in the recipe for "Calf's Head, Boiled" (the remains of a calf's head may be used), remove the bones, and cut the meat into pieces 1½ inches square. Melt the butter in a stewpan, add the flour and stir for a few minutes without browning, then add the stock, stir until it boils and simmer gently for about 10 minutes. Add the mace, seasoning to taste, put in the pieces of meat, cover closely, and draw the stewpan to the side of the stove for about 20 minutes. Shape the forcemeat into small balls, and either fry or bake them until nicely browned. Place the rolls of bacon on a skewer and fry or bake them until crisp. Remove the pieces of meat from the sauce, and arrange them on a hot dish in a pile. Have ready the milk, cream and yolk of egg mixed lightly together, add these to the sauce, and stir by the side of the fire until they thicken, but the sauce must on no account be allowed to boil. Add the lemon-juice, season to taste, and strain over the meat. Garnish with the forcemeat balls and rolls of bacon.

TIME.—After the calf's head is boiled, nearly 1 hour. SUFFICIENT for 6 or 7 persons.

CALF'S HEAD PIE.

INGREDIENTS.—The remains of a calf's head, ½ lb. of raw ham or bacon, forcemeat balls, 1 hard-boiled egg, ½ pint of stock in which the head was cooked, ½ of a teaspoonful of mixed herbs, the grated rind of ½ of a lemon, a pinch of ground mace, a pinch of grated nutmeg, salt and pepper, paste.

METHOD.—Cut the meat into small thin slices, cut the ham or bacon into narrow strips, cut the egg into thin slices, mix the forcemeat rather stiffly with a little raw egg, and shape into small balls. Put a fairly thick layer of calf's head on the bottom of a pie-dish, cover with a thin layer of ham or bacon, add a few slices of egg and a good sprinkling of salt, pepper, herbs, mace, nutmeg, and lemon-rind. Repeat until the dish is full, add the stock, and cover with the pastry. Bake in a moderately hot oven for about 1 hour. When cooked pour in, through the hole on the top, a little hot jellied stock, and set aside until cold.

TIME.—To bake, about 1 hour. SUFFICIENT for 3 or 4 persons.

CALF'S HEAD WITH MAÎTRE D'HÔTEL SAUCE.

INGREDIENTS.—The remains of a calf's head, ½ pint of white sauce, ½ tablespoonful of lemon-juice, ½ dessertspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving. Make the sauce as directed, put in the pieces of calf's head, and let them become thoroughly hot, then add the parsley and lemon-juice, season to taste, and serve.

TIME.—About 15 minutes. SUFFICIENT for 3 or more persons.

CALF'S HEAD WITH TOMATO SAUCE.

INGREDIENTS.—Half a boned calf's head, ½ pint of tomato sauce, 4 oz. of macaroni, salt, pepper.

METHOD.—Break the macaroni into pieces about ½ inch long, put these into salted boiling water, and boil rapidly until tender. Cut the remains of the calf's head into slices convenient for serving; have the tomato sauce ready in a stewpan, add to it the macaroni and meat, season, make hot, and serve.

TIME.—About ½ an hour. SUFFICIENT for 6 or more persons.

CALF'S LIVER AND BACON.

INGREDIENTS.—1 lb. of calf's liver, ½ lb. of bacon, 1 oz. of butter, flour, salt and pepper.

METHOD.—Wash and dry the liver, and cut it into slices about ½ inch in thickness, add a good seasoning of salt and pepper to a dessertspoonful of flour, and dip the pieces of liver in the mixture. Heat the frying-pan, put in the bacon, cut into thin slices, fry slowly, remove to a HOT tin, and keep hot until wanted. Fry the liver in the bacon fat until nicely browned on both sides, then remove to a hot dish. Pour away the bacon fat, add the butter (the bacon fat may be used instead, when not disliked), sprinkle in about a tablespoonful of flour, stir and fry until brown. Add about ½ pint of warm water, stir until it boils, and season to taste. Arrange the pieces of liver in a close circle, strain the gravy over, place the slices of bacon on the top, and serve. If preferred, the gravy may be served separately in a sauce-boat, and the rashers of bacon curled before frying, and piled in the centre of the liver.

TIME.—About 35 to 40 minutes. SUFFICIENT for 4 or 5 persons.

CALVES' SWEETBREADS.

See **Sweetbreads**, p. 136.

COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up."** pp. 191–206.

CROQUETTES OF VEAL.

See **Veal Croquettes**, p. 204.

CURRY OF VEAL.

See **Chicken, Curried**, p. 176.

CUTLETS OF VEAL.

INGREDIENTS.—1½ lb. of fillet or neck of veal, fat for frying, ½ a teaspoonful of finely-chopped parsley, ½ of a teaspoonful of finely-grated lemon-rind, salt and pepper, egg, breadcrumbs.

METHOD.—Cut the meat into thin slices, which afterwards trim into neat fillets. Beat the egg, mix with it the parsley, lemon-rind, and a good seasoning of salt and pepper. Brush the cutlets over with this preparation, coat them carefully with breadcrumbs, and fry quickly and lightly in hot fat. Serve with either tomato or piquant sauce, or, when gravy is preferred, brown a little flour in the frying-pan, add a little salt and pepper, pour in a ½ pint of hot water, boil up, and strain.

TIME.—To fry, about 15 minutes. SUFFICIENT for 5 or 6 persons.

ENTRÉES OF VEAL.

See **Entrées**, pp. 129–136.

FILLETS OF VEAL.

INGREDIENTS.—1½ lb. of fillet of veal, a few slices of bacon, 2 oz. of butter or good fat, 1 egg, breadcrumbs, the grated rind of 1 lemon, 1 teaspoonful of lemon-juice, ½ a teaspoonful of finely-chopped parsley, ½ of a teaspoonful of thyme, ½ a pint of tomato sauce, brown sauce, or sauce made with the following ingredients: ½ pint of white stock, ½ oz. of flour, 2 tablespoonfuls of cream, ½ teaspoonful of lemon-juice, a small piece of meat glaze, salt and pepper.

METHOD.—Cut the veal into slices about ½ an inch in thickness, and each slice into rounds 2½ or 2½ inches in diameter. Beat the egg, add to it the parsley, thyme, lemon-rind, lemon-juice, dip each fillet in the mixture, coat with breadcrumbs, and fry in hot fat in a sautépan. When nicely browned on both sides take them out of the pan, and keep them hot. Add the flour to the fat in the pan, fry lightly, pour in the stock, stir until it boils, then add the lemon-juice, cream, and glaze, season to taste, and simmer for a few minutes. The fillets may be dished in a circle on a border of mashed potato with the rolls of bacon piled in the centre, or in two rows alternately with fried thin rounds of bacon of equal size. The sauce should be strained and poured round the dish.

TIME.—About ½ an hour. SUFFICIENT for 7 to 9 persons.

GALANTINE OF VEAL.

INGREDIENTS.—A small breast of veal, 1½ or 2 lb. of sausage-meat, 2 or 3 rashers of bacon (ham or tongue may be substituted), 1 hard-boiled egg, glaze, salt, pepper, a grate of nutmeg, ground mace, ground cloves.

METHOD.—Bone the veal and flatten it out on the table. Season well with salt and pepper, spread on half the sausage-meat in an even layer, distribute narrow strips of bacon and slices of egg over the surface, add mace, nutmeg and cloves in very small quantities, and a liberal seasoning of salt and pepper, and cover with the remainder of the sausage-meat. Roll the meat up tightly, wrap it in a pudding-cloth, secure the ends with string, put the roll into boiling stock or into boiling water, to which has been added the veal bones, 1 or 2 onions, 1 or 2 small carrots, 1 turnip, celery, salt and peppercorns, and cook gently for 3 or 3½ hours. When cooked and nearly cold, take off the cloth, which always becomes loose, re-roll, tie tightly as before, and press the galantine between two boards or dishes until cold. Before serving, brush over with glaze, and garnish with parsley, and, if liked, some fancifully-shaped aspic jelly.

TIME.—From 3 to 3½ hours, to boil the galantine.

GÂTEAU OF COLD VEAL.

See **Veal, Gâteau**, p. 205.

HARICOT OF VEAL.

INGREDIENTS.—2 lb. of neck of veal, 1½ oz. of butter or dripping, 1½ oz. of flour, 1½ pints of white stock or water, 1 gill of haricot

beans, 1 onion, 1 carrot, 1 turnip, salt and pepper.

METHOD.—Divide the meat into pieces convenient for serving, cut the vegetables into small dice, which put aside, and preserve the trimmings. Heat the butter or fat in a stewpan, fry the meat lightly on both sides, then remove to a plate. Sprinkle in the flour, fry slowly until well browned, then add the stock or water, and stir until boiling. Season to taste, add the vegetable trimmings and beans, put in the meat, and cover closely. Simmer very gently for about 2 hours, then remove to a hot dish, strain the sauce over, and garnish with the dice of vegetables, previously boiled separately.

TIME.—About 2½ hours. SUFFICIENT for 4 or 5 persons.

KNUCKLE OF VEAL, STEWED.

INGREDIENTS.—A knuckle of veal, 5 or 6 lb., a piece of ham or bacon to boil, or a few slices to roll and fry, 3 tablespoonfuls of rice, 1 onion, 1 small carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni, salt and pepper, parsley sauce.

METHOD.—Separate the shank bone, put it with the meat into a saucepan containing sufficient boiling water to cover, bring to the boil, skim well, add the vegetables (cut into dice), the herbs, and salt to taste. The ham or bacon should be boiled separately. The veal must be gently simmered for about 3 hours; at the end of about 2 hours the rice should be well washed and added to the contents of the saucepan. Remove the meat from the broth, and keep it hot. Take out the bones and bouquet-garni, season the broth to taste, and serve separately. Pour a little parsley sauce over the meat, and serve the remainder in a sauce-boat. Send the ham or bacon to table on a separate dish.

TIME.—About 3 hours. SUFFICIENT for 6 or 7 persons.

LARDED AND ROAST VEAL.

INGREDIENTS.—3 lb. of neck of veal, larding bacon, stock, 1½ oz. of butter, 1 oz. of flour, 1 onion sliced, 2 carrots sliced, 1½ small turnips sliced, 2 strips of celery sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, fat for basting.

METHOD.—Saw the bones across, remove the short ends and the skin, and fold the flap under. Lard the upper surface in close rows. Place the prepared vegetables in a stewpan, add the bouquet-garni, peppercorns, salt to taste, and stock barely to cover the vegetables. Lay the meat on the top, cover with a greased paper, and put on the lid, which must fit closely. Cook gently for about 2 hours, adding more stock when necessary. Have ready a baking-tin containing a little hot dripping, put in the meat, baste, and bake gently for about ½ an hour, basting it well. Meanwhile, melt the butter in a stewpan, add the flour, stir and cook gently until the mixture acquires a nut-brown colour, then add ½ pint of stock, including that from the stewpan in which the veal was braised. Stir until boiling, simmer gently for a few minutes, and season to taste. Serve the meat on a hot dish and the sauce in a sauce-boat.

TIME.—About 2½ hours. SUFFICIENT for 6 or 7 persons.

Note.—See Notes on Larding and Roasting, pp. 56 and 57.

LIVER SAUSAGES.

See recipe, p. 132.

LOIN OF VEAL, BAKED OR ROAST.

INGREDIENTS.—4 or 5 lb. of loin of veal, a few slices of bacon, veal forcemeat, ½ pint of brown sauce, fat, meat glaze, lemons.

METHOD.—Bone the veal, season the inside with salt and pepper, fill

with forcemeat, and skewer or tie it in the form of a roll. Baste well with hot dripping, cover with a greased paper, and either bake or roast from 2 to 2½ hours, basting frequently. Meanwhile boil the bones for stock for the brown sauce. About half an hour before serving remove the paper from the meat and brush it lightly over with the glaze, drain away all the fat in the tin, but leave the brown sediment. Pour the brown sauce into the tin, return to the oven to finish cooking, and baste frequently. (When economy is not an object, the veal should be basted with cream instead of brown sauce, the cream being afterwards slightly thickened, seasoned and served with the meat.) Roll the bacon, put on a skewer, and fry or bake until crisp, or it may be grilled before the fire, and cut into dice. Remove the meat to a hot dish, garnish with rolls of bacon and cut lemon, or little piles of bacon dice and lemon. Strain the sauce, and serve it separately in a sauce-boat.

TIME.—To cook the veal, from 2 to 2½ hours. SUFFICIENT for 8 or more persons.

Note.—The above recipe is equally applicable to a shoulder and fillet of veal; and a loin of veal is not necessarily boned; a little forcemeat may be inserted, and the remainder made into small balls. The bone of the fillet is nearly always removed, and the cavity filled with forcemeat. See Notes on Baking and Roasting, pp. 51 and 56.

MINCED VEAL.

See **Veal, Minced, p. 206.**

MOULDED MINCED VEAL.

See **Veal Gâteau, Cold, p. 205.**

NECK OF VEAL, BRAISED.

INGREDIENTS.—1½ lb. of the best end of the neck, ½ of a pint of white stock, 1 oz. of flour, ½ oz. of butter, ½ a teaspoonful of lemon-juice, ½ tablespoonful of capers, 1 onion, 1 carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 clove, 1 small blade of mace, salt and pepper, glaze.

METHOD.—Saw the bones across, detach the short pieces of the rib bones, and fold the flap under, slice the vegetables, put them together with the bouquet-garni, mace, cloves, and ½ oz. of butter into a shallow stewpan, nearly cover the vegetables with stock, and add the remainder gradually to replace that which boils away. Place the veal on the bed of vegetables, cover with a greased paper, put on the lid, and cook gently for about 3 hours. Meanwhile, melt the remaining ½ oz. of butter in a small stewpan, add the flour and fry gently until it acquires a nut-brown colour. Remove the meat to a hot dish, and brush it over with glaze. Strain the liquor in the stewpan on to the butter and flour, stir until smooth, if necessary reduce with a little stock, add the capers, lemon-juice, season to taste, and serve separately in a sauce-boat.

TIME.—About 3 hours. SUFFICIENT for 3 or 4 persons.

Note.—See Notes on Braising, p. 53.

NECK OF VEAL, STEWED.

INGREDIENTS.—2 lb. of neck of veal, ½ pint of white stock, 2 or 3 rashers of bacon crisply fried and cut into dice, 6 small tomatoes, 2 oz. of butter or good dripping, ½ oz. of flour, 1 dessertspoonful of finely-chopped parsley, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper, 2 tablespoonfuls of cream (if liked), meat-glaze.

METHOD.—Trim the meat, and when the bones are long saw them across and detach the rib bones. Melt the butter or dripping in a stewpan, fry the meat lightly on both sides, then add the lemon-rind, parsley, and a good seasoning of pepper, cover closely, and cook very gently for 2 or 2½ hours. The meat must be well basted, and

the stewpan should stand on a cool part of the stove to avoid burning the fat. Meanwhile, fry or grill the bacon and cut it into dice; bake or grill the tomatoes until tender, but not too soft. Remove the meat from the stewpan, brush it lightly over with meat glaze, and keep it hot. Have ready the flour mixed smoothly with a little cold stock and the remainder of the stock boiling in a stewpan, add the moistened flour to the stock, stir and boil for about 5 minutes, then strain and add the fat in which the meat was cooked, the lemon-juice, and the cream, if used. Season to taste, bring to the boil, and serve in a sauce-boat. Garnish the dish alternately with little bunches of bacon and tomatoes. When economy is an object, the tomatoes and meat glaze may be omitted.

TIME.—From 2½ to 2¾ hours. SUFFICIENT for 4 or 5 persons.

Note.—See Notes on Stewing, p. 57.

PATTIES, VEAL.

See **Veal and Ham Patties**, p. 204.

QUENELLES OF VEAL.

INGREDIENTS.—1 lb. of fillet of veal, ¼ pint of good stock, 1 oz. of butter or good fat, 2 oz. of flour, 2 eggs, salt and pepper.

METHOD.—Melt the butter or fat in a saucepan, add the flour and the stock, stir and cook until the mixture forms a compact mass round the bowl of the spoon, then put it aside to cool. Pass the veal 2 or 3 times through a mincing machine, or chop it finely. Pound the panada (flour, fat, and stock) and the meat together until smooth. Add the eggs, one at a time, season to taste, and pound all well together. Rub the mixture through a wire sieve, and then shape into quenelles. To do this it is necessary to use 2 dessertspoons, or smaller spoons in making quenelles for soup. Dip one spoon into boiling water, fill it with the mixture, press it from the sides and raise it in the centre with a knife dipped in hot water, making it a nice oval shape; take another spoon, dip it into hot water, scoop the mixture carefully from the first spoon into the second, and place in a greased sautépan. When all the quenelles are in the pan, pour in sufficient boiling water nearly to cover them; have ready a sheet of greased paper, place it on the top of the quenelles, and cook them gently for about ¼ an hour. Drain, arrange in a circle or a straight row and mask with a good white sauce.

TIME.—To make and cook, from 1¼ to 1½ hours. SUFFICIENT for 4 or 5 persons.

RAGOÛT OF VEAL.

See **Haricot of Veal.**

ROAST VEAL.

See **Larded and Roast Veal, and Loin of Veal Baked or Roast.**

SCOTCH COLLOPS.

See recipe, p. 202.

STEWED VEAL.

INGREDIENTS.—2 lb. of the neck or breast of veal, 1 pint of milk, 2 tablespoonfuls of cream or milk, 1 oz. of butter, 1 tablespoonful of cornflour or flour, 1 small onion, 1 blade of mace, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving, place them in a fire-proof stewing pot, season with salt and pepper, add the onion and mace, pour in the milk, cover closely, and cook gently in the oven or on the stove for about 2½ or 3 hours. A few minutes before serving, knead the butter and flour or cornflour smoothly together, divide into very small portions, and stir them into the milk. When flour is used, it must be allowed to cook for at least 10 minutes. Put the meat on to a

hot dish, add the cream or milk to the sauce, season to taste, strain over the meat. The sauce is never perfectly white, therefore it is better to add 1 or 2 drops of caramel to make it a pale fawn.

TIME.—From 2½ to 3 hours. SUFFICIENT for 4 or 5 persons.

Note.—See Notes on Stewing, p. 57.

SWEETBREADS (CALF'S).

See recipes, p. 136.

VEAL AND HAM PATTIES.

See recipe, p. 204.

VEAL AND HAM PIE.

See recipe, p. 204.

VEAL CAKE.

INGREDIENTS.—1 lb. of lean uncooked veal, ½ lb. of bacon, 2 hard-boiled eggs, 1 teaspoonful of finely-chopped parsley, the grated rind of 1 lemon, salt and pepper, ½ pint of stock (about).

METHOD.—Cut the veal and bacon into dice, cut the eggs into sections or slices, and arrange some of them in a pattern on the bottom of the greased mould; mix the parsley, lemon-rind, flavourings, and seasonings together. Cover the bottom of the mould with a thick layer of veal, on the top of it place a thin layer of bacon, add a few slices of egg, and sprinkle well with seasoning. Repeat until the mould is full, pour in the warm stock, cover with a greased paper, place the mould in a tin containing water, and bake for about 3 hours in a slow oven. Add a little more hot stock as soon as the mould is taken out of the oven. When cold, turn out of the mould, garnish with tufts of parsley, and serve.

TIME.—To cook, about 3 hours. SUFFICIENT for 5 or 6 persons.

VEAL LOAF.

See recipe, p. 205.

VEAL OLIVES.

INGREDIENTS.—¾ lb. of fillet of veal, cut in 4 thin slices, an equal number of slices of bacon, veal forcemeat, ¾ of a pint of brown sauce, ½ oz. of butter or good fat, salt and pepper.

METHOD.—The slices of meat and bacon should be about 4 inches long and 3 inches wide. Place a slice of bacon on each piece of meat, spread on a thin layer of forcemeat, roll up tightly, and fasten securely with twine. Melt the butter or fat in a stewpan, put in the olives, and fry until lightly browned. Pour away the fat, add the brown sauce (hot), cover closely, and simmer gently from 1½ to 2 hours. When done, remove the strings, arrange the olives on a foundation of mashed potatoes, and strain the sauce over.

TIME.—To prepare and cook, about 2½ hours. SUFFICIENT, allow 4 fillets for 3 persons.

VEAL WITH PARSLEY SAUCE.

INGREDIENTS.—2 lb. of fillet of veal, ¾ of a pint of white sauce, 1 oz. of butter or good fat, 1 dessertspoonful of finely-chopped parsley, 1 dessertspoonful of lemon-juice, 1 yolk of egg, salt and pepper.

METHOD.—If the meat is not one compact piece, bind it into a good shape with tape. Melt the butter or fat in a stewpan, fry the meat gently until the entire surface is lightly browned, then add the white sauce and seasoning to taste. Cover closely, simmer gently from 2 to 2½ hours, then take up the meat and keep it hot. Strain and return the sauce to the stewpan, add the parsley, lemon-juice, and yolk of egg, stir until the sauce thickens, then pour it over the veal, and serve.

TIME.—From 2½ to 3 hours. SUFFICIENT for 5 or 6 persons.

BEEF.

See also chapters on **The Art of "Using-up" Cold Remains and Entrées and Luncheon Dishes.**

Full instructions for the various methods of cooking meat will be found on pp. 51–58.

BAKED BEEF.

See **Beef, Baked, p. 192.**

BEEF À LA MODE.

INGREDIENTS.—1½ lb. of rump of beef, larding bacon, 1½ pints of stock, 1 small glass of claret (optional), ¾ oz. of butter, ½ oz. of flour, 1 carrot, ½ a finely-chopped small onion, 6 button onions, a bouquet-garni (parsley, thyme, bay-leaf), the juice of ½ a small lemon, 1 clove, salt and pepper.

METHOD.—Trim, bone, and lard the meat, place it in a basin with the wine (if used), lemon-juice, chopped onion, clove, salt, pepper, and bouquet-garni, and let it stand for about 2 hours, basting it frequently. Melt the butter or fat in a stewpan, drain the beef, and fry it brown, and at the same time lightly fry the button onions. Remove both from the stewpan, put in the flour, and fry until it acquires a nut-brown colour; then add the stock and the marinade in which the meat was soaked, and stir until boiling. Replace the meat and onions, season to taste, add the carrot thinly sliced, and cook gently for 2½ or 3 hours, stirring and skimming occasionally. When done place on a hot dish, strain the sauce over, and garnish with little groups of onions and carrot.

TIME.—From 2½ to 3 hours. SUFFICIENT for 3 or 4 persons.

BEEF CAKE.

See recipe, p. 192.

BEEF OLIVES.

See **Veal Olives, p. 144.**

Proceed as directed, omitting the bacon.

BEEF PALATES.

See **Ox Palates, Stewed.**

BEEFSTEAK AND KIDNEY PIE.

INGREDIENTS.—1 lb. buttock steak, 2 sheep's kidneys, or ½ lb. ox-kidney, ¾ lb. rough puff paste, seasoning, 1 egg.

METHOD.—Cut the kidney into thin slices across, place one on each slice of meat, roll up tightly and put the rolls on end in the pie-dish. Season with salt, pepper, and moisten with ½ gill of water or gravy, line the edges of the dish and then cover with paste. Ornament the surface with fancifully cut leaves of paste, flake the edge of paste, brush over with beaten egg and bake in a fairly hot oven from 2 to 2½ hours.

TIME.—About 2 hours. SUFFICIENT for 6 or 7 persons.

BEEFSTEAK AND KIDNEY PUDDING.

INGREDIENTS.—The same as in the recipe for Beefsteak Pudding, with the addition of 2 sheep's kidneys, or ½ lb. of ox-kidney.

METHOD.—Cut the kidney into thin slices, 3 inches long and 2 inches wide, dip them in the seasoning mixture, place one on each slice of meat, roll up tightly and place the rolls on end in the basin. In other respects, proceed as directed in the recipe for Beefsteak Pudding.

TIME.—4 to 4½ hours. SUFFICIENT for 5 or 6 persons.

BEEFSTEAK, FRIED.

INGREDIENTS.—1½ lb. of rump steak, salt and pepper, frying-fat.

METHOD.—Although this method of cooking steaks is not to be recommended, it is often more convenient than grilling, and with proper care the tender juicy qualities of the steak may be preserved, but it is less easily digested, in consequence of the fat in which it is fried. Make the fat hot in a frying-pan, have sufficient barely to cover the bottom of the pan, put in the steak, fry one side quickly, then turn and fry the other side. When the entire surface is browned and hardened the cooking should be done a little more slowly, to avoid burning the fat in the pan, the steak being repeatedly turned. The steak may be served with a little butter spread lightly on the surface, or with gravy. To make this, drain off all the fat, add a little boiling water to the sediment in the frying-pan, season with salt and pepper, boil up, skim, strain, and serve round the dish or separately in a sauce-boat.

TIME.—About 15 minutes. SUFFICIENT for 5 persons.

BEEFSTEAK PUDDING.

INGREDIENTS.—2 lb. of beefsteak, 1 tablespoonful of flour, 1 level teaspoonful of salt, ¼ a teaspoonful of pepper, 1 lb. of suet paste.

METHOD.—Cut the meat into thin slices, about 3 inches in length and width, but not necessarily uniform in shape. Mix the flour, salt and pepper together on a plate, and dip each slice in the mixture. Make the paste as directed, cut off about a quarter of it, and put it aside for the lid, roll out the remainder to the size of the basin, which must be previously well greased. Line the basin with the paste, put in the meat, sprinkle the rest of the seasoning mixture between the layers, and leave spaces to admit water, thus preventing the pudding becoming too dry. Three-quarters fill the basin with boiling water, which extracts less of the juices of the meat than cold water, put on the cover, and moisten and seal the edges. If the pudding is to be boiled, tie over a scalded and floured pudding-cloth. If steamed, cover with a greased paper. Let the water be quite boiling, put in the pudding, and boil for about 3½ hours, or steam for about 4 hours.

TIME.—From 4 to 4½ hours to cook. SUFFICIENT for 5 or 6 persons.

BOILED BEEF.

INGREDIENTS.—Salt beef, turnips, carrots, onions, peppercorns, bouquet-garni (parsley, thyme, bay-leaf), suet dumplings, if liked,

METHOD.—The aitchbone, round, and brisket are all suitable for boiling. In boiling meat a certain proportion of the nutritive qualities escape into the water, and the liquor should therefore be utilized for soup, when it is not too salt for the purpose. With this end in view, the liquor should be reduced to the smallest possible quantity by using a boiling-pot just large enough to contain the joint, with barely sufficient water to cover it. The meat must be skewered, or bound with string, into a compact form. The water in which it is immersed should be warm unless the meat be very salt, then cold water is necessary to extract some of the salt. In either case, it should be heated gradually to boiling point, and well skimmed. (*See* Notes on Boiling,

p.51.) With a joint weighing from 10 to 14 lb. an allowance should be made of 2 or 3 medium-sized onions, 2 large or 4 small carrots, 1 large or 2 small turnips, and 12 peppercorns. The onions should be kept whole, the turnips cut in thick slices, and the carrots lengthwise into 2 or 4 pieces. They should be added after the liquor has been well skimmed. When suet dumplings form part of the dish, they should be put into the liquor ½ an hour before serving, the liquor being previously brought to the boil. To serve, replace the string and skewers with 1 or 2 silver skewers, pour some of the liquor round the dish, and garnish with the vegetables.

TIME.—From 20 to 30 minutes to each lb. SUFFICIENT, allow 1 lb. for every 3 or 4 persons.

SOYER'S RECIPE FOR PRESERVING THE GRAVY IN SALT MEAT, when it is to be served cold: Fill 2 tubs with cold water, into which throw a few pounds of rough ice; when the meat is done, put it into one of the tubs of ice-water, let it remain 1 minute, then take it out and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes; then set the meat upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, and the whole of the gravy will have been saved. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

BRAISED BEEF.

INGREDIENTS.—2 to 3 lb. of fresh brisket of beef, 1 carrot, ½ a turnip, 1 or 2 strips of celery, 1 leek, ¼ lb. of button onions, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, stock, a few slices of bacon. For the sauce: ½ oz. of butter, ½ oz. of flour, stock.

METHOD.—Turn about ½ a gill each of carrot and turnip with a large-sized pea-shaped cutter, and put them and the button onions aside. Slice the remainder of the carrot and turnip, the leek and the celery, and place them in a stewpan just large enough to contain the meat. Lay the meat on the top of the vegetables, cover with slices of bacon, add the bouquet-garni, peppercorns, a little salt, and stock or water nearly to cover the vegetables. Put on a close-fitting lid, and cook as gently as possible for 4 or 5 hours. Meanwhile, heat the butter in a smaller stewpan, add the flour, stir and cook slowly until well browned, and then add the stock, using that from the larger stewpan when none other is available. Stir until boiling, season to taste, boil for at least 10 minutes, then strain and use. The carrot and turnip dice and button onions must be cooked separately in well-flavoured stock until tender, and they may be added to the sauce, or arranged in groups round the dish on which the meat is served.

TIME.—From 4 to 5 hours. SUFFICIENT for 9 or 10 persons.

Note.—See also Notes on Braising, p. 53.

BUBBLE AND SQUEAK.

See recipe, p. 194.

BULLOCK'S HEART, STUFFED AND BAKED.

INGREDIENTS.—A bullock's heart, veal forcemeat, fat for basting, ½ pint of good stock, red currant jelly.

METHOD.—Wash the heart in several waters, cut away any cartilage or gristle there may be at the base, remove the lobes and the membrane, separating the cavities inside the heart. Drain and dry the heart thoroughly, make the forcemeat, and tie round securely with tape or twine. Have ready in a deep baking-tin 3 or 4 tablespoonfuls of hot fat, put in the heart, baste it well, and repeat the basting frequently during the time it must be allowed to cook in a moderate oven. About half an

hour before serving remove the paper, in order that the base of the heart may brown. Have the stock ready boiling, transfer the heart to a HOT dish, and keep it as HOT AS POSSIBLE. Drain the fat from the tin, sprinkle in a little salt and pepper, pour in the boiling stock, mix well with the sediment in the tin, bring to the boil, and strain. Serve with red currant jelly, a little gravy poured round the dish, and the remainder in a sauce-boat.

TIME.—To cook, about 3 hours. SUFFICIENT for 6 or 7 persons.

COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up" Cold Remains**, p. 191.

COLLARED BEEF.

INGREDIENTS.—3½ lb. of thin end of the flank of beef, 1 oz. of coarse sugar, 3 oz. of salt, ½ oz. of saltpetre, 1 small handful of parsley, minced, ½ a dessertspoonful of minced sage, a small bunch of savoury herbs, ¼ of a teaspoonful of pounded allspice, salt and pepper.

METHOD.—Choose fine tender beef, but not too fat; lay it in a dish, rub in the sugar, salt and saltpetre, and let it remain in the pickle for a week or 10 days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, seasoning, in the above proportions, taking care that the former are finely minced. Roll the meat up in a cloth as tightly as possible, bind it firmly with broad tape, and boil it gently for about 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold.

TIME.—About 6 hours. SUFFICIENT for 10 or more persons.

Note.—During the time the beef is in pickle it should be kept cool, and regularly rubbed and turned every day.

CURRIED BEEF.

See **Beef, Curried**, p. 129.

DRIPPING, BEEF, TO CLARIFY.

Put the dripping into an old iron saucepan, cover with boiling water, and boil uncovered for about ½ an hour. Cool slightly, then pour into an earthenware vessel, and as soon as it is cold and firm scrape the impurities from the under surface, and reheat, to evaporate all water. If the fat is left on the water after it is set it will absorb some of the water.

TIME.—About ½ an hour to boil.

ENTRÉES OF BEEF.

See **Entrées**, p. 129.

EXETER STEW.

INGREDIENTS.—2 lb. of lean beef, 1½ pints of water, 1½ oz. of dripping, 1½ oz. of flour, 2 or 3 onions, 2 tablespoonfuls of vinegar, salt and pepper. For the savoury balls: 4 oz. of flour, 1½ oz. of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, ½ a teaspoonful of powdered mixed herbs, 1 teaspoonful of salt, ¼ of a teaspoonful of baking-powder, ½ a saltspoonful of pepper.

METHOD.—Remove all the fat from the meat, cut the meat into 8 or 10 pieces, put them into a stewing-jar with the vinegar, and place the jar in a cool oven. Make the fat hot in a frying-pan, fry the sliced onions and flour until brown, add the water, boil up, and pour it over the meat in the jar. Season, cover closely, and cook gently either in the oven or on the stove for about 3 hours. Mix the ingredients for savoury balls together, add water to bind these into a stiff mixture, and separate into 12 balls. About 40 minutes before serving, bring the stew to boiling point; drop in the balls, and simmer for about 40 minutes. To serve: pile the meat in the centre of a hot dish, strain the gravy over and arrange the balls neatly round the base.

TIME.—From 3¼ to 3½ hours. SUFFICIENT for 5 or 6 persons.

FILLET OF BEEF WITH TOMATOES.

INGREDIENTS.—1½ lb. of fillet of beef, 3 or 4 small tomatoes, 1 oz. of butter or good fat, ½ a tablespoonful of finely-chopped parsley, ½ teaspoonful of powdered mixed herbs, 1 small onion (sliced), ½ a teaspoonful of flour, ½ pint of beef stock, salt and pepper.

METHOD.—Trim and bind or skewer the fillet into a good shape. Heat the butter or fat in a stewpan, put in the fillet, and fry it until the entire surface is well browned, then add the onion, parsley, herbs, and ½ saltspoonful of pepper; cover closely and let the meat cook as slowly as possible for about 2 hours, basting frequently. Boil up the stock, mix the flour smoothly with a little cold stock or water, stir it into the stock, and simmer for about 10 minutes, stirring continuously. Half an hour before serving pour it into the stewpan containing the meat. The tomatoes may be plainly baked or stuffed with either mushrooms or meat farce (*see* Tomatoes, Stuffed). When the meat is cooked, remove the strings or skewers, place it on a hot dish, and garnish with the tomatoes. To the gravy add seasoning to taste, deepen the colour by adding a few drops of caramel browning, or a piece of meat glaze, and strain.

TIME.—About 2½ hours. SUFFICIENT for 4 or 5 persons.

FILLETS OF BEEF, MIGNONS, NOISETTES, TOURNEDOS AND GRENADINES.

A fillet of beef is the undercut of a sirloin, and its weight varies from 7 lb. to 11 lb. Only a part of it can be cut into the small round pieces known respectively as fillets, mignons, noisettes, tournedos and grenadines. As a rule mignons are cut rather thin and small, and tournedos sometimes slightly oval, but otherwise the varieties enumerated are identical except in name, and any directions given for dressing one variety are applicable to all. As nearly the whole of fillet of beef can be utilized, when sliced for grilling, it is almost as economical as many lower-priced joints which contain a large amount of bone; as only a part of the latter can be used for fillets, they are therefore expensive. The lean parts, which are too small to cut into fillets, may be made into a pie, pudding, sausages, etc.: it would be a waste of material to put meat of such good quality into the stock-pot. The fillets should always be cut across the grain of the meat; they are usually from 2 inches to 2½ inches across, and ½ an inch to ¾ of an inch in thickness.

FRITTERS OF BEEF.

See **Beef Fritters**, p. 192.

GALANTINE, OR ROLL OF BEEF.

INGREDIENTS.—1 lb. of lean beef, ½ lb. of bacon, 6 oz. of breadcrumbs, 1 egg, ½ pint of stock, salt and pepper.

METHOD.—Cut the beef and bacon into small pieces, add the breadcrumbs, a liberal seasoning of salt and pepper, and mix well together. Beat the egg, add to it the stock, and stir into the dry ingredients. Shape the mixture into a short thick roll, tie it in a greased pudding-cloth, boil gently in stock or water for 2 or 2½ hours, then press until cold. Before serving, brush over with dissolved meat glaze, and decorate with creamed butter or aspic jelly.

TIME.—To cook, from 2 to 2½ hours. SUFFICIENT for 5 or 6 persons.

HASHED BEEF.

See **Beef, Hashed**, p. 193.

HOT POT.

See recipe, p. 130.

KIDNEY, BEEF.

See recipes for **Ox-kidney**, p. 132.

LIVER.

See **Ox-liver, Roast**, p. 132.

MARROW BONES.

INGREDIENTS.—Marrow bones, flour, dry toast.

METHOD.—Saw the bones into short lengths, cover the ends with a paste made of flour and water, tie them in a floured cloth, and boil from 1½ to 2 hours. Remove the cloth and crust, set the bones upright on a dish covered with a hot napkin, and serve with dry toast.

TIME.—To boil, from 1½ to 2 hours.

MIGNONS OF BEEF.

See **Fillets of Beef**, p. 149.

MINCED BEEF.

See **Beef, Minced**, p. 193.

MINCED COLLOPS.

INGREDIENTS.—1 lb. of rump steak, 1½ oz. of butter or good fat, 1 small onion or 2 shallots finely chopped, a bouquet-garni (parsley, thyme, bay-leaf), 1 tablespoonful of mushroom ketchup or walnut liquor (lemon-juice or vinegar may be substituted), 1 tablespoonful of flour, ½ pint of stock or water, salt and pepper, toast.

METHOD.—Mince the meat very finely by hand. Heat the butter or fat in a sautépan or frying-pan, fry the onion until lightly browned, then add the flour and fry a little; next put in the meat, and stir over the fire for a few minutes. Add the stock or water, bouquet-garni, and mushroom ketchup and season to taste with salt and pepper. Cook very slowly for about 15 minutes, then serve garnished with sippets of toasted bread.

TIME.—To cook, altogether about 25 minutes. SUFFICIENT for about 3 persons.

OX-CHEEK, STEWED.

INGREDIENTS.—Half an ox-cheek, 1 oz. of butter, 1 oz. of flour, 1 onion, 1 small carrot, ½ a turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, 1 clove, a small glass of sherry (optional), ½ teaspoonful of lemon-juice, salt and pepper.

METHOD.—Wash the cheek in several waters, remove the splintered bones, if any, and soak for at least 12 hours in salt and water, changing the water two or three times. When sufficiently soaked, wash it well in warm water, put into a boiling pot, cover with cold water, bring to the boil, and skim well. Now add the vegetables cut into thick slices, peppercorns, clove, bouquet-garni, and a heaped teaspoonful of salt, and cook slowly for about 4 hours, or until the bones may be easily removed. Have ready the brown roux (or thickening), made by frying the butter and flour together until they acquire a nut-brown colour, strain on to it rather more than ½ pint of liquor from the boiling pan, stir until it boils, and simmer for at least 10 minutes. In the meantime bone the cheek, and cut it into pieces convenient for serving. Add the sherry (if used) and lemon-juice to the sauce, season to taste, put in the slices of cheek, and when hot, serve. The dish may be garnished with dice or julienne strips of turnip and carrot cooked separately. The liquor in which the cheek has been cooked makes excellent soup.

TIME.—To cook, 4½ to 5 hours. SUFFICIENT for 3 or 4 persons.

OX-LIVER, ROAST.

See recipe, p. 132.

OX-PALATES, STEWED.

INGREDIENTS.—2 ox-palates, 1 pint of stock, ½ oz. of butter, ½ oz. of flour, ½ onion, a very small carrot, ½ a very small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 3 peppercorns, salt.

METHOD.—Soak the palates for several hours in salt and water, and press them frequently with the fingers, to draw out the mucus. Wash well in two or three waters, then put the palates into a stewpan with cold water completely to cover them, heat gradually, and, before the water boils, drain, and scrape off the rough skin, which covers one side, leaving them white and clear. If the water is allowed to boil this skin is removed with great difficulty. Replace the palates in the stewpan, add the stock, herbs, peppercorns, sliced vegetables, and salt, and simmer gently for about 4 hours. Press between 2 dishes until cold, then cut into 2-inch squares. Fry the butter and flour in a stewpan until a brown roux is formed, strain on to it the stock in which the palates were cooked (if reduced to less than ½ pint, add more to make up the quantity), put in the pieces of palate, and, when hot, serve garnished with fancifully-cut vegetables.

TIME.—About 20 minutes, after the palates are cooked. SUFFICIENT for 3 or 4 persons.

Note.—The palates, after being either braised or stewed until tender, and pressed until cold, may be marinaded (soused in brine), and, after being drained, dipped in butter, coated with egg and breadcrumbs and fried, cut into rounds, reheated, glazed, and dished alternately with slices of cooked tomato, or stuffed with meat farce, and dressed as olives.

OX-TAIL, STEWED.

INGREDIENTS.—1 ox-tail, 2 oz. of butter or good fat, 1½ oz. of flour, 1 pint of stock or water, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 1 blade of mace, 1 sliced onion, 1 tablespoonful of lemon-juice, salt and pepper.

METHOD.—Wash the tail, cut it into pieces about 1½ inches long, and divide the thick parts in half. Make the butter or fat hot in a stewpan, dry the pieces of tail thoroughly, and fry them brown. Take them out of the stewpan, put in the sliced onion and flour, fry until well browned, then add the stock, bouquet-garni, cloves, mace, salt and pepper, and stir until boiling. Replace the pieces of tail, cover closely, and simmer gently for from 2½ to 3 hours. Arrange the pieces of tail on a hot dish, season the sauce to taste, add the lemon-juice, and strain over them. Garnish with croûtons of fried bread, or groups of cooked turnip and carrot, fancifully cut.

TIME.—From 2½ to 3 hours. SUFFICIENT for 5 or 6 persons.

PORTERHOUSE STEAK.

INGREDIENTS.—A steak about 1½ inches in thickness, cut from a well-hung sirloin of beef, warm butter or salad-oil.

METHOD.—Brush the steak over on both sides with salad-oil or warm butter, sprinkle with pepper, and when convenient let it remain for about 1 hour before cooking. Grill over a clear fire, and serve with Maître d'Hôtel butter, groups of button onions fried in butter and glazed, small stuffed tomatoes, horseradish sauce, or suitable accompaniment.

TIME.—About ½ an hour. SUFFICIENT for 2 or 3 persons.

PRESSED BEEF.

INGREDIENTS.—Brisket of beef, salted, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, glaze.

METHOD.—Wash the beef well in cold water, put it into a saucepan with sufficient warm water to cover it, boil up, skim well, add the prepared and sliced vegetables, bouquet-garni, and peppercorns, and simmer gently until the bones can be easily removed. Take the meat out of the saucepan, and having removed the bones, press it between two boards or dishes until cold. Brush over with glaze before serving.

RAGOÛT OF BEEF.

See **Beef, Stewed**, p. 194.

ROAST BEEF.

INGREDIENTS.—Beef, dripping.

METHOD.—The joints usually roasted are the sirloin, ribs, and aitchbone, and sometimes the round. When cooking a large sirloin, it is a good plan to cut off the thin end, and salt, cook, and press it (as in recipe, Pressed Beef). When the joint to be roasted consists of 1 or 2 ribs of beef off a large animal, it may be made compact and easier to carve by removing the bones, and skewering or tying the meat into a round form. (*See also* Notes on Roasting, p. 56.) The usual accompaniments to roast beef are gravy and horseradish, or horseradish sauce and Yorkshire pudding.

ROAST BEEF PUDDING.

See **Beef Pudding**, p. 193.

SAUSAGES, BEEF.

See **Beef Sausages**, p. 130.

SCOTCH COLLOPS.

See **Minced Collops.**

SIRLOIN, ROAST.

See **Roast Beef.**

SPICED BEEF.

INGREDIENTS.—5 or 6 lb. of pickled beef, ½ a dessertspoonful of black pepper, ½ of a teaspoonful of ginger, ½ a saltspoonful of powdered cloves, ½ a saltspoonful of grated nutmeg, ½ a saltspoonful of ground mace, 1 small glass of claret, port wine, or stock.

METHOD.—Drain the beef from the pickle, mix together the above ingredients (except the wine or stock), and sprinkle them over the entire surface of the meat, which must then be rolled, bound, and skewered into a good shape. Put the meat into an earthenware stewpot with a lid, pour over it the wine or stock, cover the top of the vessel with 2 or 3 thicknesses of greased paper, and put on the lid. As no other liquid than the wine is added, it is absolutely necessary that the steam generated should be kept within the vessel, and for this purpose the lid is frequently covered with a paste of flour and water. The meat should be cooked slowly in the oven for about 4 hours, and then pressed between two boards or dishes until cold.

TIME.—About 4 hours. SUFFICIENT for 12 or more persons.

STEWED STEAK.

INGREDIENTS.—1 lb. of beefsteak, ½ pint of stock or water, 1 oz. of butter or good fat, 1 oz. of flour, 1 onion, 1 carrot, ½ a turnip, pepper and salt.

METHOD.—Remove the fat from the steak and put it aside until wanted, divide the lean into 5 or 6 pieces. Cut the vegetables into dice or julienne strips, and keep them in water until required. Heat the butter or fat in a stewpan, fry the steak quickly until browned on both sides, remove it, put in the trimmings of the vegetables and the flour, fry brown, then add the stock or water, and stir until boiling. Replace the meat, season to taste, cover closely, and cook gently for about 2 hours. When done, have ready the dice or strips of vegetables boiled until tender in salted water, and the fat of the meat fried and nicely browned. Arrange the pieces of steak neatly on a hot dish, strain the sauce over, place the fat on the top, and garnish the base with groups of the prepared vegetables.

TIME.—From 2¼ to 2½ hours. SUFFICIENT for 3 or 4 persons.

TOAD-IN-THE-HOLE.

See recipe, p. 136.

TOURNEDOS OF BEEF.

See **Fillets of Beef.**

TRIPE AND ONIONS.

See recipe, p. 136.

LAMB.

See also chapters on **The Art of "Using-up" Cold Remains, and Entrées and Luncheon Dishes.**

Full instructions for the various methods of cooking meat will be found on pp. 51–58.

BLANQUETTE OF LAMB.

INGREDIENTS.—2 lb. of loin, neck, or breast of lamb, 1 onion sliced, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns. For the sauce: ½ pint of stock, 1½ oz. of butter, 1 oz. of flour, 1 yolk of egg, 2 tablespoonfuls of cream or milk, salt and pepper.

METHOD.—Cut the meat into pieces about 2 inches square, and put them into a stewpan with the onion, herbs, peppercorns, and a little salt. Cover with cold water, and cook gently for about 2 hours. Melt the butter, add the flour, stir, and cook for a few minutes without browning. When the meat is ready strain from it ½ pint of the liquor, and add it to the blended flour and butter. Stir until boiling, simmer for a few minutes, then add the yolk of egg and cream or milk, previously beaten together. Stir and cook gently for a few minutes, taking care that it does not boil, or it may curdle. Arrange the meat neatly on a hot dish, strain the sauce over, and serve.

TIME.—About 2½ hours. SUFFICIENT for 3 or 4 persons.

BOILED LAMB.

The leg of lamb is the part usually selected for boiling, but this method of cooking is not often adopted. Careful and frequent skimming is essential to preserve the colour of the meat, and the liquor in which it is cooked must contain nothing to destroy or overpower its delicate flavour. The peas, carrots, or whatever is served as a garnish should be cooked separately, and the meat masked with a good white or Béchamel sauce. (*See* Notes on Boiling, p. 51.)

BREAST OF LAMB, STUFFED.

INGREDIENTS.—A breast of lamb. ½ pint of brown or demi-glace sauce, veal forcemeat, French beans, 1 oz. of butter or good fat, salt and pepper, glaze. For the mirepoix or foundation: ¾ pint of stock, 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni, 6 peppercorns, 2 oz. of butter or good fat.

METHOD.—Remove the bones, flatten the meat with a cutlet-bat or rolling-pin, season well with salt and pepper, spread on the veal forcemeat, roll up tightly, and bind securely with string. Slice the vegetables, and put them into a large stewpan with the butter or fat, place the meat on the top, cover, and cook gently for about 20 minutes, then add the herbs, peppercorns, and stock nearly to cover the vegetables. Place a greased paper over the meat, put on the lid, and braise for about

2 hours. Cook the beans in salted water and drain them well. Melt the butter or fat in a stewpan, put in the beans, season with salt and pepper, toss over the fire for a few minutes, and serve them arranged in small groups round the dish. Send the sauce to table in a sauceboat.

TIME.—About 2½ hours, to cook the meat. SUFFICIENT for 3 or 4 persons.

COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up,"** pp. 191–206.

CUTLETS OF LAMB, COLD.

INGREDIENTS. — Lamb cutlets, aspic jelly, cooked vegetables, peas, beans, etc., mayonnaise or French salad dressing.

METHOD. — There are various ways of preparing this dish. The cutlets may be cooked in butter (sautéd or grilled), or braised and pressed. The former method is, no doubt, more simple, although braising is highly recommended on account of the fine flavour imparted to the meat by this method of cooking. The cutlets must be carefully pared, trimmed, and flattened before they are cooked, and when cooked they must be pressed beneath a heavy weight, and kept thus until they are quite cold. To finish them, proceed as follows: Pour a layer of aspic jelly in a sautépan, or large dish; when set arrange the cutlets in it, cover with another layer of aspic jelly, and let this also set. Place the pan or dish on the ice for about 1 hour, then cut the cutlets out with a sharp knife, and arrange them in a circle on a round dish. Fill the centre of the dish with some kind of cooked vegetables—peas, beans, asparagus points, or macédoine—previously seasoned with mayonnaise or salad-dressing, and garnish with neatly-cut cubes of set aspic jelly, and serve.

CUTLETS OF LAMB, GRILLED.

INGREDIENTS.—4 or 5 cutlets cut from the best end of the neck, ¼ pint of shelled peas, 1 gill of good gravy or demi-glace sauce, salt and pepper, salad-oil.

METHOD.—Trim the cutlets into a good shape, brush over with salad-oil, then grill them over or in front of a clear fire for about 10 minutes, turning them three or four times. Season the cutlets lightly with salt and pepper, cover the end of each bone with a cutlet-frill, arrange neatly in a circle on a border of mashed potato, serve the peas in the centre, and pour the hot sauce round.

TIME.—About 30 minutes altogether. SUFFICIENT for 3 or 4 persons.

CUTLETS OF LAMB, TO PREPARE.

METHOD.—Take the best end of a neck of lamb, remove the chine bone and saw the rib bones across, reducing the length to 3½ or 4 inches, according to the size of the fillet or lean portion of the meat. Trim off the greater part of the fat and scrape the end of the bone, leaving about ¾ of an inch quite bare. A more even surface and a better shape may be obtained by flattening the cutlets with a wetted cutlet-bat or chopping-knife. The cutlets may be plainly grilled or fried, coated with egg and breadcrumbs and fried or braised, and glazed. The most suitable vegetable accompaniments are asparagus, green peas, and spinach; and an almost infinite number of sauces may be served with the cutlets, and allowed to give their name to the dish when it is a simple one.

CUTLETS OF LAMB WITH SPINACH.

INGREDIENTS.—8 or 10 cutlets, ¾ pint of spinach, purée (*see* recipe for Spinach, Boiled, in Vege-

table Section), 1 oz. of butter or good fat, 1 egg, breadcrumbs, salt and pepper, ½ pint of gravy, tomato or any other sauce preferred.

METHOD.—Trim the cutlets, brush them over with beaten egg seasoned liberally with salt and pepper, and coat with breadcrumbs. Prepare the spinach purée as directed, and keep it hot until required. Heat the butter or fat in a sauté or frying-pan, fry the cutlets quickly until lightly browned on both sides, and drain them free from fat. Arrange in a close circle on a hot dish, pile the purée in the centre, and pour the sauce round.

TIME.—To fry the cutlets, about 5 or 6 minutes. SUFFICIENT for 5 or 6 persons.

Note.—Peas, beans, or mashed potatoes may be substituted for the spinach.

ENTRÉES OF LAMB.

See **Entrées and Luncheon Dishes**, pp. 129–136.

LAMBS' FRY.

See recipe, p. 131.

LAMBS' SWEETBREADS.

See recipe, **Sweetbreads, Fried**, p. 156.

LOIN OF LAMB, ROLLED AND BRAISED.

INGREDIENTS.—1 loin of lamb, a mirepoix of vegetables (*see* Shoulder of Lamb, Braised), stock, glaze, cooked peas, spinach, salt and pepper.

METHOD.—Remove the bones, season the inner surface of the meat with salt and pepper, roll the flap under as tightly as possible, and bind with string. Braise for about 2 hours, brush over with glaze, and serve on a bed of cooked peas, spinach, or cucumber.

TIME.—About 2 hours. SUFFICIENT for 6 or 7 persons.

MINCED LAMB.

See **Beef, Minced**, p. 193.

ROAST FOREQUARTER OF LAMB.

METHOD.—(*See* Roast Lamb). Serve with gravy made from the sediment in the roasting-tin, and mint sauce.

TIME.—1½ to 2 hours, according to size. SUFFICIENT for 8 to 12 persons.

ROAST LAMB.

Lamb, when roasting, requires more attention than any other kind of meat. No part of it must be underdone, and to secure this result without drying and hardening the thinner portions to an undesirable degree, much care is necessary. The intense heat to which all meat must first be subjected for a few minutes is applied for too short a time to affect the colour of a joint, and the subsequent browning and over-cooking of any part may be obviated by covering the meat with 2 or 3 folds of well-greased paper and by frequent basting. The amount of heat applied to any part may be regulated by careful turning of the joint in the oven, and the rate of cooking by judicious use of the dampers. Serve with gravy and mint sauce. (*See* also Notes on Roasting, p. 56.)

SHOULDER OF LAMB, BRAISED.

INGREDIENTS.—A shoulder of lamb, larding bacon, 1 pint of stock, 3 oz. of butter or good dripping, 1½ oz. of flour, 2 shallots finely chopped, 1 teaspoonful of finely-chopped parsley. For the mirepoix: 2 onions, 2 carrots, ½ a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, meat glaze.

METHOD.—Bone the shoulder, season well with salt and pepper, roll up tightly, and bind securely with string. Cut the lardoons, or strips of bacon for insertion in the meat, about 2 inches long, and rather more than ¼ of an inch in thickness, and insert close rows in

the rolled meat. Slice the vegetables, and put them into a large braising-pan with 1½ oz. of butter or dripping, place the meat on the top, cover closely, and cook gently for about 20 minutes. Add the herbs, peppercorns, and stock to nearly cover the vegetables, place a greased paper over the meat, put on the lid, and braise in the oven for about 2 hours. About half an hour before serving, melt the remaining butter or dripping in a stewpan, fry the shallots slightly; then add the flour, and cook until it acquires a nut-brown colour. When the meat is ready, remove the strings, brush it over with stock reduced to glaze, and put it into a moderate oven for a few minutes to crisp the bacon. Strain the stock, increase the quantity to ½ pint, pour it over the brown roux or thickening, and stir until it boils. Add to it the parsley, season to taste, simmer for a few minutes, then serve in a sauce-boat. Cooked tomatoes, mushrooms, fancifully-cut turnips and carrots, small timbales of spinach or green pea purée, haricots verts, and macédoine are all suitable garnish for this dish.

TIME.—To braise, about 2 hours. SUFFICIENT for 8 to 12 persons.

Note.—The loin, neck, or breast may be cooked in this manner. If preferred, the shoulder may be stuffed with sausage-meat or veal forcemeat, and the larding may in all cases be omitted, if more convenient.

SHOULDER OF LAMB, STUFFED.

See **Shoulder of Mutton, Baked and Stuffed.**

STEWED LAMB.

INGREDIENTS.—2 lb. of loin, neck, or breast of lamb, 1 oz. of butter, the juice of ½ a small lemon, 3 mint leaves, a pinch of pepper, ½ of a pint of Soubise sauce.

METHOD.—Saw the long bones across and either skewer or bind the meat into a compact form. Heat the butter in a large stewpan, add the pepper, mint, and lemon-juice, put in the meat, cover closely, and cook very gently for about 1 hour, turning the meat two or three times in order to brown the entire surface. (*See* Notes on Stewing, p. 57.) Serve the Soubise sauce separately; or, instead of this sauce, add ¼ gill of stock mixed with a teaspoonful of flour to the butter, etc., in the stewpan, boil for a few minutes, season to taste, improve the colour if necessary by adding a few drops of liquid caramel. Dish up and serve hot.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

SWEETBREADS, FRIED.

INGREDIENTS.—1 lb. of lambs' sweetbreads, ¼ of a pint of gravy, tomato or any other suitable sauce preferred, 1 egg, breadcrumbs, frying-fat, flour, salt and pepper.

METHOD.—Soak the sweetbreads in water for about 2 hours, changing the water three or four times, then drain well, and place in a stewpan containing just sufficient cold water to cover them. Add a little salt, bring to the boil, cook gently for about 15 minutes, then press between two dishes until cold. Roll lightly in a little flour seasoned with salt and pepper, coat carefully with beaten egg and breadcrumbs, and fry in hot fat until lightly browned. Serve the gravy or sauce separately.

TIME.—To fry, about 10 minutes. SUFFICIENT for 3 or 4 persons.

Note.—For other methods of cooking sweetbreads see section on Entrées.

MUTTON.

See also chapters on **The Art of "Using-up" Cold Remains**, and **Entrées and Luncheon Dishes.**

Full instructions for the various methods of cooking meat will be found on pp. 51–58.

BOILED MUTTON.

The leg, neck and breast are the parts usually selected for boiling. When intended for this purpose, the meat should not be allowed to hang many days, for the least taint spoils the flavour of boiled mutton. Too often the natural flavour of a boiled joint is overpowered by the flavour of the vegetables with which it is cooked. To avoid this, only the quantity sufficient to impart a slight flavour should be cooked in the liquor, and the remainder boiled separately. The flavour of the meat is thus preserved, and the vegetables are a better colour when cooked more quickly than is possible if their rate of cooking is adapted to the meat. The side of the joint intended to be dished upwards should be put downwards in the boiling pot, for however gentle the ebullition of the water may be, its action somewhat spoils the upper surface of the meat. Moreover, any scum that is not removed during the process of cooking is apt to fall on the upper surface of the meat and impair its appearance. The time allowed for boiling is from 20 to 25 minutes for each lb. of meat, according to the thickness of the joint. (*See also* Notes on Boiling, p. 51.)

BREAST OF MUTTON, BOILED, WITH CAPER SAUCE.

INGREDIENTS.—A breast of mutton, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 dessertspoonful of chopped parsley, ½ teaspoonful of powdered mixed herbs, milk, salt and pepper, ½ pint of caper sauce, stock, or water; when using the latter, add 1 onion, 1 carrot, ½ a small turnip, 10 peppercorns, salt.

METHOD.—Remove the bones and any superfluous fat, flatten the meat and season it well. Mix the breadcrumbs, suet, parsley, herbs, and a good seasoning of salt and pepper together, and moisten with milk. Spread the mixture on the meat, roll up lightly, and bind securely with string. Put it into the stock or water when boiling, simmer gently for about 2 hours, then serve with the caper sauce poured over.

TIME.—About 2 hours. SUFFICIENT for 6 or more persons.

BREAST OF MUTTON, GRILLED.

INGREDIENTS.—A breast of mutton, salt and pepper, tomato, piquant, or other suitable sauce.

METHOD.—Divide the breast into pieces convenient for serving,

and trim away some of the fat. Grill slowly over or in front of a clear fire, in order that the meat may be thoroughly cooked, turning frequently meanwhile, and sprinkling liberally with salt and pepper. Serve the sauce separately.

TIME.—About 20 minutes. SUFFICIENT for 6 to 8 persons.

CHOPS, MUTTON, GRILLED.

See recipe, p. 130.

COLLOPS OF MUTTON.

See **Mutton Collops**, p. 200.

COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up,"** pp. 191–206.

CURRIED MUTTON.

See **Mutton, Curried, p. 200.**

CUTLETS OF MUTTON WITH GREEN PEAS.

INGREDIENTS.—7 or 8 cutlets cut from the best end of a neck of mutton, 1 pint of shelled peas, ½ pint of Espagnole sauce, 1½ oz. of butter, 1½ oz. of dripping, 1 egg, breadcrumbs, salt and pepper.

METHOD.—Trim the cutlets and flatten them with a wetted cutlet-bat or heavy chopping-knife. Beat the egg, add to it ½ oz. of warm butter and a liberal seasoning of salt and pepper; dip the cutlets in the preparation, and coat them carefully with breadcrumbs. Boil the peas, drain them well, and just before serving put them into a stewpan with 1 oz. of butter and a little salt and pepper, and toss over the fire until well mixed with the butter. Heat the dripping in a sautépan and fry the cutlets quickly until lightly browned on both sides, then drain well. Arrange them overlapping each other on a thin potato border, serve the peas in the centre, and pour the hot Espagnole sauce round.

TIME.—To fry, about 10 minutes. SUFFICIENT for 5 or 6 persons.

CUTLETS OF MUTTON WITH SOUBISE SAUCE.

INGREDIENTS.—7 or 8 cutlets cut from the best end of the neck, ½ pint of Soubise sauce, ½ pint of demi-glace or brown sauce, salt and pepper, salad-oil, or butter.

METHOD.—Trim and flatten the cutlets into a good shape, brush them over with oiled butter or salad-oil, and grill over or in front of a clear fire for about 10 minutes. The cutlets should be turned two or three times, and before serving sprinkle both sides with a little salt and pepper. Arrange them in a close circle on a border of mashed potato, serve the Soubise sauce in the centre, and pour the other sauce round.

TIME.—About 10 minutes. SUFFICIENT for 5 or 6 persons.

ENTRÉES OF MUTTON.

See **Entrées and Luncheon Dishes**, pp. 129-136.

GRILLED MUTTON AND TOMATO SAUCE.

INGREDIENTS.—Slices of cooked mutton, salad-oil or melted fat or butter, salt and pepper, ½ a pint of tomato sauce, mashed potato.

METHOD.—Brush the meat over on both sides with oil or melted fat, sprinkle carefully with salt and pepper, and grill quickly over a clear fire. Serve on a border of mashed potato, with the sauce poured round.

TIME.—About 15 minutes. SUFFICIENT, 1 lb. of meat for 3 or 4 persons.

HARICOT MUTTON.

INGREDIENTS.—2 lb. of the middle or best end of the neck of mutton, 2 carrots, 2 turnips, 2 onions, pepper and salt to taste, a dessertspoonful of ketchup or Harvey sauce.

METHOD.—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings.

Fry a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and then set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

TIME.—About 2½ hours to simmer gently. SUFFICIENT for 4 persons.

HASHED MUTTON.

See recipe, p. 200.

HOT POT (LANCASHIRE).

INGREDIENTS.—1 lb. of the best end of the neck, 1 or 2 sheep's kidneys, 6 sauce oysters, 1 lb. of potatoes, ½ a small Spanish onion, salt and pepper, ½ pint of gravy, ½ oz. of butter or good fat, stock.

METHOD.—Divide the meat into neat cutlets, trim off the skin and greater part of the fat. Put the short rib bones, the lean trimmings of the meat, the beards of the oysters, and ½ a small onion into a stewpan, cover these with cold water, and boil them down for gravy. Grease a fire-proof baking-dish, put in a deep layer of sliced potato, on the top of them arrange the cutlets to slightly overlap each other, and on each place a slice of kidney, and an oyster. Season well, put in the remainder of the potatoes, but let the top layer consist of small potatoes cut in halves and uniformly arranged to improve the appearance of the dish. Pour down the side of the dish ½ of a pint of hot stock or hot water seasoned with salt and pepper. Brush the upper layer of potatoes over with warm butter or fat, cover with a greased paper, and bake for about 2 hours in a moderate oven. The paper must be removed during the latter part of the time to allow the potatoes to become crisp and brown. When ready to serve, pour in a little gravy, and send the rest to table in a sauce-boat. Hot pot is served in the dish in which it is baked.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

IRISH STEW.

See recipe, p. 131.

LEG OF MUTTON, BONED AND STUFFED.

INGREDIENTS.—A small leg of mutton boned, 2 oz. of finely-chopped ham or bacon, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 2 finely-chopped shallots, 1 teaspoonful of chopped parsley, ½ a teaspoonful of grated lemon-rind, ½ a teaspoonful of powdered mixed herbs, 1 saltspoonful of grated nutmeg, salt and pepper, 1 egg, milk, brown sauce or gravy.

METHOD.—Mix all the dry ingredients together, adding the needful seasoning of salt and pepper. Moisten with the egg and as much milk as is necessary to bind the whole together, press the mixture into the cavity whence the bone was taken, and secure the opening. Roast the leg of mutton in a moderately hot oven for about 2½ hours, and when ready serve with brown sauce or good gravy.

TIME.—About 2½ hours. SUFFICIENT for 10 or more persons.

LEG OF MUTTON, ROAST.

See **Roast Mutton.**

LOIN OF MUTTON, BONED AND STUFFED.

INGREDIENTS.—A loin of mutton, 3 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of chopped suet, 2 tablespoonfuls of chopped ham or bacon, 1 teaspoonful of powdered mixed herbs, 2 teaspoonfuls of chopped parsley, ½ a teaspoonful of grated lemon-rind, 1 egg, milk, nutmeg, salt and pepper, gravy or sauce.

METHOD.—Bone the meat, trim away any superfluous fat, and flatten with a cutlet-bat or rolling-pin. Mix all the dry ingredients well together, add a good seasoning of salt and pepper; stir in the egg and as much milk as is necessary to moisten the whole. Spread the forcemeat on the inner surface of the meat, roll up tightly, and secure with tape. Bake the meat in a moderately hot oven for about 2 or 2½ hours, according to size, basting frequently with hot fat; or, if preferred, the meat may be either braised or stewed according to directions given under the respective headings. Serve with good gravy, brown sauce, or any other sauce preferred.

TIME.—To bake, from 2 to 2½ hours. SUFFICIENT for 6 or more persons.

MINCE OF MUTTON, BAKED.

See **Mutton, Mince of,** p. 200.

MUTTON AND POTATO PIE.

See recipe, p. 199.

NECK OF MUTTON, BROWNED.

INGREDIENTS.—Best end of a neck of mutton, stock, 2 oz. of butter, 2 oz. of flour, 1 egg, breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ of a teaspoonful of powdered mixed herbs, pepper and salt, frying-fat.

METHOD.—Saw the rib bones across, remove the short ends, fold the flap under, and bind securely. Place the meat in a stewpan containing as much boiling stock (or water and usual flavouring vegetables) as will barely cover it, simmer gently for about 1 hour, then drain well. Beat the egg, add the parsley, herbs, and a good seasoning of salt and pepper, and coat the meat thickly with the mixture. Cover lightly with breadcrumbs, and bake in a moderately hot oven until well browned, meanwhile basting frequently with hot fat. Heat the butter in a stewpan, add the flour, stir and cook slowly until well browned, and add 1 pint of boiling stock from the larger stewpan. Stir until boiling, season to taste, simmer gently until required, and serve separately.

TIME.—About 1½ hours. SUFFICIENT for 4 persons.

RAGOÛT OF MUTTON, COLD.

See **Mutton, Stewed,** p. 200.

ROAST MUTTON.

Mutton is now rarely roasted before the fire, as with care equally good results may be obtained by baking or "oven" roasting. Whatever the joint, it should be well basted with hot fat before being placed in the oven, and for 10 or 15 minutes it must be placed in a very hot oven in order quickly to form a hard surface layer (*see* Notes on Roasting, p. 56). The fierce heat must not be maintained for more than 15 minutes or the meat will be burnt. During the first few minutes the joint should be almost continuously basted, and afterwards at short intervals. The time required for roasting depends principally upon the condition of the fire and the form or the size of the joint.

SCOTCH HAGGIS.

See recipe, p. 134.

COLD JOINTS.

1—Roast Aitchbone of Beef. 2—Leg of Mutton. 3—Saddle of Mutton.
4—Roast Sirloin of Beef.

SHEEP'S BRAINS WITH PARSLEY SAUCE.

INGREDIENTS.—3 sheep's brains, ½ pint of white stock, 1 oz. of butter, ½ oz. of flour, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of lemon-juice, ½ a very small onion, 1 very small carrot, 1 bay-leaf, salt and pepper.

METHOD.—Soak the brains in salt and water for about 2 hours, then remove the skin and fibres, cover them with boiling water, and boil for a few minutes. Replace the brains in fresh cold water, let them remain until cold, then put them into the boiling stock, add the onion and carrot sliced, bay-leaf, salt and pepper to taste, and simmer gently for about 20 minutes. Meanwhile, melt the butter in a stewpan, add the flour, and cook these for a few minutes without browning. Drain the brains, and strain the stock on to the flour and butter, stir until boiling, simmer for about 10 minutes, add the seasoning. Reheat the brains in the sauce, and just before serving add the lemon-juice.

TIME.—About ½ an hour after the brains are blanched. SUFFICIENT for 3 or 4 persons.

SHEEP'S HEAD, TO DRESS.

INGREDIENTS.—1 sheep's head, 3 carrots, 3 turnips, 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, ½ lb. of Scotch oatmeal.

METHOD.—Clean the head well, and let it soak in warm water for about two hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and, when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for 1½ or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

TIME.—From 1½ to 2 hours. SUFFICIENT for 3 persons.

SHEEP'S HEART.

INGREDIENTS.—1 sheep's heart, veal forcemeat, 3 oz. of dripping.

METHOD.—Soak the heart for about 1 hour in warm water. Cut off the deaf ears, any cartilage or gristle there may be, and the muscular wall dividing the cavities of the heart, and boil them down for gravy. Dry the heart thoroughly, fill the inside with forcemeat, and tie a greased paper round the base to keep in the forcemeat. Heat the dripping in a baking-tin, baste the heart well, and bake in a moderate oven for about 1½ hours. Gentle cooking and frequent basting are necessary to prevent the heart becoming dry and hard. When done, drain off the fat, but leave the sediment, pour in the prepared gravy, boil up, season to taste, and either pour over the heart or serve separately. The excellence of this dish depends mainly on its being served as hot as possible.

TIME.—To bake, about 1½ hours. SUFFICIENT for 2 persons.

Note.—Sheep's hearts may also be stuffed with sage and onion stuffing (*see* Bullock's Heart); if more convenient, they may be cooked in an iron saucepan over or by the side of the fire, care being taken to baste them liberally with dripping at short intervals.

SHEEP'S KIDNEYS.

See recipes, p. 134.

SHEEP'S TONGUES.

See recipes, p. 135.

SHEEP'S TROTTERS, STEWED.

INGREDIENTS.—2 gangs (8) dressed trotters, 1 small onion, salt, 1 tablespoonful flour, milk, pepper.

METHOD.—Wash the trotters, put them into a stewpan, cover them with milk and water in equal proportions, add the onion sliced, season with salt and pepper, cover and cook gently for about 3 hours.

or until the bones may be easily removed. Take away the bones, strain the liquor if necessary, add milk to increase the quantity to ¾ pint, return it to the stewpan, and reheat. Mix the flour smoothly with a little milk, pour it into the stewpan, stir until boiling, simmer for about 10 minutes, and season to taste. Replace the trotters, and when thoroughly hot, serve.

TIME.—From 3 to 3½ hours. SUFFICIENT for 2 or 3 persons.

Note.—Sheep's trotters may also be boiled in stock or water until the bones are easily removed, and afterwards marinaded and fried in batter. Or they may be stuffed with sausage meat or veal forcemeat, and either coated with egg and breadcrumbs, or dipped into batter and fried in hot fat. (*See* recipes for cooking Calf's Feet.)

SHEPHERD'S PIE.

See recipe, p. 203.

SHOULDER OF MUTTON, BAKED AND STUFFED.

INGREDIENTS.—A small shoulder of mutton, veal forcemeat, ¾ of a pint of stock, 1 oz. of butter, ¾ of an oz. of flour, 2 or 3 oz. of dripping, salt and pepper.

METHOD.—Have all the bones removed from the shoulder, and boil them down for stock. Flatten the meat, using either a wetted cutlet-bat or rolling-pin for the purpose. Season well with salt and pepper, spread on the forcemeat, roll up tightly and bind securely with string. Have ready the baking-tin with the dripping melted, baste the meat well, put it into a moderate oven, and cook gently for about 1½ hours, basting frequently. Meanwhile, fry together the butter and flour until a brown roux, or thickening, is formed, strain on to it ¾ of a pint of stock made from the bones (which should be boiled for at least 2 hours), stir the sauce until it boils, and season to taste. When the meat has cooked for about 1½ hours, drain off every particle of fat, but leave the sediment in the tin, pour in the brown sauce, return to the oven, and cook for about ¾ an hour longer, basting frequently. When ready, serve on a hot dish, pour a little of the sauce over, and send the rest to table separately.

TIME.—About 2¼ hours. SUFFICIENT for 7 or more persons.

Note.—Either leg, loin or neck of mutton may be cooked according to the above recipe; and when preferred, onion farce or stuffing may be substituted for the veal forcemeat.

SPICED MUTTON.

INGREDIENTS.—A boned leg or shoulder of mutton, 8 oz. of common salt, 1 oz. of bay-salt, ¾ of an oz. of saltpetre, 4 oz. of moist sugar, 1 teaspoonful of pepper, 1 dessertspoonful of finely-chopped shallot or onion, 1 saltspoonful of powdered allspice, 1 saltspoonful of powdered cloves.

METHOD.—Mix the ingredients together, rub the preparation well into the meat, and repeat daily for a fortnight. When ready, rinse in warm water, and bind into a good shape with strong tape. Cook very gently for about 5 or 6 hours in good stock, or water flavoured with vegetables, press between 2 dishes until cold, glaze, and use.

TIME.—To pickle, 14 days. To cook, about 5 or 6 hours.

SQUAB PIE.

INGREDIENTS.—1 lb. of neck of mutton, 1 lb. of apples sliced, ½ lb. of onions sliced, 1 tablespoonful of mushroom ketchup, sugar, salt and pepper, suet paste.

METHOD.—Divide the neck into cutlets, place them in a pie-dish, and season rather well with salt and pepper. Add the apples and onions in layers, sprinkle with sugar, and half fill the dish with boiling water, and then cover with a layer of suet paste. Bake in the oven for about 1½ hours. Before serving pour the gravy out at the side, skim off all the fat, add the mushroom ketchup, season to taste, and return to the pie. Serve hot.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

PORK.

See also chapters on **The Art of "Using-up" Cold Remains**, and **Entrées and Luncheon Dishes.**

Full instructions for the various methods of cooking meat will be found on pp. 51–58.

BACON, BOILED.

INGREDIENTS.—Bacon, water.

METHOD.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts and scrape the underside and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is thoroughly done; then take it up, strip off the skin, and sprinkle over the bacon a few bread-raspings and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

TIME.—1 lb. of bacon, about ½ hour; 2 lb., about 1½ hours.

BAKED PORK.

INGREDIENTS.—Leg or loin of pork, 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, 2 dozen button onions, 1 teaspoonful of mixed herbs, 3 oz. of dripping, ½ pint of gravy, apple sauce, salt and pepper.

METHOD.—Score the pork in narrow lines. Slice all the vegetables except the button onions, place them in a baking-tin, sprinkle with salt and pepper, and add the herbs and dripping. Lay the meat on the top, and cook in a moderate oven, basting frequently. (*See* Notes on Baking, p. 51.) About half an hour before serving, peel the small onions, and fry them brown in hot fat. Serve the meat on a hot dish, garnish with the onions, and send the gravy to table in a sauceboat. If necessary, the gravy can be made from the sediment in the meat tin.

TIME.—Allow about 20 minutes to each lb. SUFFICIENT for 8 or more persons.

BATH CHAPS.

Proceed as for Ham, to boil.

BOILED PORK AND PEASE PUDDING.

INGREDIENTS.—Leg or other joint of salted or pickled pork, 1 good cabbage, 6 parsnips, 1 onion, 1 carrot, ½ a turnip, 1 strip of celery, 12 peppercorns. For the pudding: 1 quart of split peas, 1 oz. of butter, 2 yolks of eggs, salt and pepper.

METHOD.—Soak the peas for about 12 hours. Place the pork in a boiling-pot, cover it with warm water, unless very salt, in which case use cold water. (*See* Notes on

Boiling, p. 51.) Bring to the boil, skim well, boil for about 10 minutes, add the onion, carrot, turnip, and celery, all cut into thick slices, put in the peppercorns, and simmer gently until done. Boil the parsnips and cabbage separately; divide the former lengthwise into 4 pieces, and press the latter well, season it with pepper, and cut it into small squares. Serve the pork in a hot dish, garnished with the parsnips and cabbage. The liquor in which pork is cooked may be converted into good pea-soup.

There are two methods of making the pease pudding. By the first method, the peas are drained from the water in which they are soaked, tied in a cloth, and cooked for about 1½ hours in the boiling-pot with the pork. They are then rubbed through a fine sieve, mixed with the butter and yolks of eggs, seasoned with salt and pepper, replaced in the cloth, and boiled with the pork for about 40 minutes longer. The second method is probably the better one. After being drained from the water in which they were soaked, the peas are placed, with a dessertspoonful of salt, in a stewpan, which they about half fill, and covered with cold water, which must be replaced as it boils away. Cook the peas gently for about 2 hours, or till they are quite soft, then rub them through a fine sieve, add the butter, yolks of eggs, and season to taste. Press the purée into a well-buttered mould or basin, and either steam or bake for about 40 minutes.

TIME.—Allow about 25 minutes to each lb. of pork. SUFFICIENT for 8 or more persons.

BOLOGNA SAUSAGES, IMITATION.

INGREDIENTS.—1 lb. of lean beef, 1 lb. of lean pork, ½ lb. of finely-chopped suet, powdered thyme, mace, pepper, fat bacon cut into strips, ox-skins, brine.

METHOD.—Simmer the meat very gently in water until tender, then chop it finely, or pass it 2 or 3 times through a mincing machine. Pound it and the suet until smooth, and season highly with pepper, and more sparingly with mace and thyme. Press the mixture into the prepared ox-skins, and in filling them intersperse strips of bacon. Tie the skins in 8 or 9-inch lengths, let them remain in brine for 9 or 10 days, then hang them in the smoke from a peat fire. They may be kept for a considerable time in a cool, dry place. Serve cut in thin slices.

TIME.—To cure, 8 or 9 days. To smoke, at least 3 weeks. SUFFICIENT for 6 persons.

COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up,"** p. 191.

CUTLETS OR CHOPS OF PORK.

INGREDIENTS.—6 or 7 small lean chops, 1½ oz. of good fat, 1 large onion cut into dice, 2 sheets of gelatine, a few drops of liquid caramel, salt and pepper, tomato or apple sauce.

METHOD.—Trim the chops into a good shape, and remove the greater part of the fat. Put any bones, lean trimmings, and the onion into a stewpan with barely sufficient water to cover them, and boil gently for at least 1 hour. Heat the fat in a sauté or frying-pan, and fry the chops slowly, to cook them thoroughly. In the meantime, strain the gravy, skim off the fat, rub the onion through a fine sieve, replace in the stewpan with the gelatine, which is intended to give it consistency, but when convenient may be replaced with glaze, which improves the flavour. Season to taste, and brighten the colour by adding a few drops of liquid caramel. Arrange the cutlets in a close circle on a potato border, pour the sauce (which must

be thick enough to coat the cutlets) over them, and serve the tomato or apple sauce separately.

TIME.—To fry the chops, from 15 to 20 minutes. SUFFICIENT for 3 or 4 persons.

CUTLETS, PORK, GRILLED.

INGREDIENTS.—7 or 8 lean cutlets cut from the best end of the neck, 2½ oz. of butter or good fat, 1 oz. of flour, ½ pint of gravy or stock, 2 tablespoonfuls of chopped gherkins, 1 tablespoonful of vinegar, salt and pepper.

METHOD.—Trim off nearly all the fat, and make the cutlets a good uniform shape. Season both sides of them with salt and pepper, dip them in warm butter or fat, coat carefully with breadcrumbs, and grill over a clear fire for about 20 minutes, turning them three or four times. Pour the remainder of the fat into a small stewpan, add the flour, stir over the fire for a few minutes, put in the gravy and vinegar, boil up, season to taste, and add the gherkins. Arrange the cutlets in a close circle on a hot dish, pour the sauce round, and serve.

TIME.—About 20 minutes. SUFFICIENT for 5 or 6 persons.

CUTLETS, PORK, HASH OF.

See **Pork Cutlets, Hash of,** p. 201.

CUTLETS, PORK, WITH SOUBISE SAUCE.

INGREDIENTS.—4 or 5 cutlets from the best end of the neck, ¼ of a pint of thick Soubise sauce, ½ pint of demi-glace sauce, marinade as in recipe for Cutlets or Chops of Pork, salt and pepper.

METHOD.—Prepare and marinade the cutlets as directed, and either grill them for about 20 minutes over a clear fire or fry them for the same length of time in hot fat, in a sauté or frying-pan. Dish them in a circle, serve the soubise sauce in the centre, and pour the demi-glace sauce round the base of the dish.

TIME.—To fry or grill, about 20 minutes. SUFFICIENT for 3 or 4 persons.

ENTRÉES OF PORK.

See **Entrées and Luncheon Dishes,** pp. 129–136.

FAGGOTS. (Sometimes called "Savoury Ducks," or "Poor Man's Goose.")

INGREDIENTS.—½ lb. of pig's liver, ½ of a lb. of fat pork, 1 egg, ½ an onion, breadcrumbs, pig's caul, nutmeg, sage, thyme, basil, salt, pepper.

METHOD.—Chop the liver and onion rather finely and cut the pork into small dice. Put all together in a stewpan, add salt, pepper, sage, thyme, and basil to taste, cover closely, and cook slowly for about ½ an hour, but it must not be allowed to brown. Drain off the fat, let the preparation cool slightly, then beat and add the egg, nutmeg to taste, and sufficient breadcrumbs to form a fairly stiff mixture. Mix thoroughly, then form into squares and enclose each one in a piece of caul. Place them in a baking-tin, add a little good gravy and bake until nicely browned. Serve with good gravy. If preferred the mixture may be pressed into a well-greased baking-tin, covered with caul, and cut into squares when cooked.

TIME.—About 1½ hours. SUFFICIENT for 3 or 4 persons.

HAM, POTTED.

See recipe, p. 198.

HAM, TO BAKE.

INGREDIENTS.—Ham, a common paste crust, bread-raspings.

METHOD.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care

that this is of sufficient thickness all over to keep in the gravy. Place the ham in a moderately heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with bread-raspings, the same as for boiled ham, and garnish the knuckle with a paper frill.

HAM, TO BOIL.

INGREDIENTS. — Ham, water, glaze, or bread-raspings.

METHOD.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it close to the bone; if, when the knife is withdrawn, it has an agreeable smell, the ham is good; but, on the contrary, should the blade have a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and it is very dry and salt, let it remain in soak for about 24 hours, changing the water frequently. This length of time is only necessary in the case of the ham being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmorland ham. Wash it thoroughly clean and trim away from the under side all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it, bring it gradually to boil, and carefully remove the scum as it rises (*see* Notes on Boiling, p. 51). Keep it simmering very gently until tender, and be careful that it does not stop boiling nor boil too quickly. When done take it out of the pot, strip off the skin, sprinkle over it a few bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold; by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot. When the skin is removed sprinkle over bread-raspings, or glaze it.

TIME.—A ham weighing 10 lb., about 4 hours to simmer gently; 15 lb., about 5 hours; a very large one, about 6 hours.

HAMS, TO CURE.

INGREDIENTS.—For 2 hams, weighing each about 16 or 18 lb., allow 1 lb. of moist sugar, 1 lb. of common salt, 2 oz. of saltpetre, 1 quart of good vinegar.

METHOD.—As soon as the pig is cold enough to be cut up, take the 2 hams, rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams and throw the brine away. Mix sugar, salt, and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them 1 quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high as possible from the fire; otherwise the fat will melt and they will become dry and hard.

TIME.—To be pickled, 1 month; to be smoked, 1 month. SUFFICIENT for 2 hams of 18 lb. each.

HASHED PORK.

See **Pork, Hashed,** p. 201.

LARD, TO MAKE.

METHOD.—Melt the inner fat of the pig by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently, and, as it melts, pour it carefully from the sediment. Put it into small jars or bladders for use, and keep it in a cool place. The flead or inside fat of the pig before it is melted makes exceedingly light crust, and is particularly wholesome. It may be preserved a

length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making paste as well as fresh lard.

LEG OF PORK, ROAST.

INGREDIENTS.—A leg of pork, sage and onion stuffing, salad-oil, ½ pint of gravy, dripping for basting, apple sauce.

METHOD.—Remove the bones down to the knuckle bone, break them into smaller pieces, and simmer them for gravy. Make the forcemeat as directed, press it lightly inside the leg, and secure the opening. Score the skin in narrow strips, brush over with salad-oil, and roast in a moderate oven. (*See* Notes on Roasting, p. 56.) Serve the gravy and apple sauce in sauceboats.

TIME.—Allow about 25 minutes to each lb. of meat. SUFFICIENT for 8 or more persons.

LOIN OF PORK, BAKED.

INGREDIENTS.—3 or 4 lb. of loin of pork, 9 potatoes, 4 apples, 3 onions all peeled and quartered, salad-oil, gravy.

METHOD.—Score the skin in narrow lines, and brush it over with salad-oil. Bake in a moderately hot oven for about 40 minutes (*see* Notes on Baking, p. 51), then put the potatoes, apples, and onions into the tin containing the meat, and continue to cook gently from 1½ to 1¾ hours longer. When ready, arrange the vegetables and apples on a hot dish, place the meat in the centre, and serve the gravy separately.

TIME.—From 2 to 2½ hours. SUFFICIENT for 6 or 7 persons.

MINCED PORK.

See **Pork, Minced**, p. 202.

PICKLED PORK, TO BOIL.

INGREDIENTS.—Pickled pork, water.

METHOD.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed. Put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more unwholesome than underdone pork, and, when boiled fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon; when tender, and not over salt, it will be found equally good.

TIME.—A piece of pickled pork weighing 2 lb., about 1½ hours; 4 lb., rather more than 2 hours.

PIG'S CHEEK.

INGREDIENTS.—A pig's cheek, brown breadcrumbs.

METHOD.—If the cheek has been cured and dried, soak it for 5 or 6 hours; if freshly pickled, simply wash it in 2 or 3 waters. Cover with warm water, bring to the boil and simmer gently for about 2½ hours. Strip off the skin, cover rather thickly with lightly-browned breadcrumbs, and bake in the oven for about ¼ an hour. Serve either hot or cold.

TIME.—To cook, about 3 hours. SUFFICIENT for 3 or 4 persons.

PIG'S EARS.

INGREDIENTS.—4 pig's ears, 4 tablespoonfuls of breadcrumbs, 2 tablespoonfuls of finely-chopped veal, 2 tablespoonfuls of finely-chopped suet, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of essence of anchovy, 1 egg, salt and pepper, ½ pint of brown sauce, ½ pint of stock, frying-fat.

METHOD.—Soak the ears for 5 or 6 hours, then cover with stock or water, and simmer gently for about 1½ hours. Mix the breadcrumbs, veal, suet, parsley, anchovy essence, and a good seasoning of salt and pepper together, and slightly moisten with beaten egg. Raise

the skin of the upper side of the ear, press the forcemeat lightly in, and secure the opening. Fry in hot fat until lightly browned, then drain off the fat, add the stock, cover closely, and cook either on the stove or in the oven for about ½ an hour. Drain well, and serve with the sauce poured over them.

TIME.—About 2 hours. SUFFICIENT for 2 or 3 persons.

PIG'S FEET AND EARS FRICASEED.

INGREDIENTS.—4 pig's feet, 2 pig's ears, a slice of onion, a small blade of mace, a thin strip of lemon-rind, white stock or milk. For the sauce: 2 oz. of butter, 1½ oz. of flour, ½ pint of white stock, salt and pepper.

METHOD.—Wash the feet and ears, cover them with white stock or milk, add the onion, mace, lemon-rind, and salt and pepper to taste. Simmer until tender, then cut the feet into neat pieces, and the ears into strips. Heat the butter in a stewpan, add the flour, stir and cook slowly for about 5 minutes, then add the stock or liquor in which the feet and ears are cooked. Boil up, season to taste, simmer gently for 10 minutes, then put in the prepared feet and ears, and when thoroughly hot, serve.

TIME.—About 2½ hours. SUFFICIENT for 3 or 4 persons.

PIG'S FEET, STUFFED.

INGREDIENTS.—4 pig's feet, 1 tablespoonful of flour, 1 egg, breadcrumbs. For the stuffing: 2 tablespoonfuls of cooked and finely-chopped onion, 1 small tablespoonful of breadcrumbs, ½ a teaspoonful of powdered sage, 1 teaspoonful of oiled butter, ½ a teaspoonful of made mustard, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper.

METHOD.—Put the feet into a stewpan with a teaspoonful of salt, cover with cold water, and boil gently for about 3 hours. When done, split the feet, remove the bones, and press the forcemeat made of the above ingredients into the cavities. Replace the halves together, and press between 2 dishes with a heavy weight on the top until cold. When ready for use, cut the feet into slices about 1 inch in thickness, roll each piece in flour, brush over with egg, coat with breadcrumbs, and fry until nicely browned in hot fat. Or, if preferred, fry them in a little hot butter in a sauté-pan. Garnish with fried parsley before serving.

TIME.—About 5 or 6 hours. SUFFICIENT for 5 or 6 persons.

PIG'S FRY.

See recipe, p. 133.

PIG'S HEAD, BOILED.

INGREDIENTS.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, pease pudding.

METHOD.—Scald and cleanse the head thoroughly, removing the hair, eyes, snout, and brains. Soak in strong salt and water for about 24 hours, changing the water two or three times, then drain and dry well. Mix the salt and saltpetre together, rub it well into every part of the head, and repeat this process daily for 5 or 6 days. Drain the head from the brine, place it in a stewpan containing sufficient warm water to cover it, bring to the boil, and skim well. Simmer gently for about 3½ hours, then serve with the pease pudding.

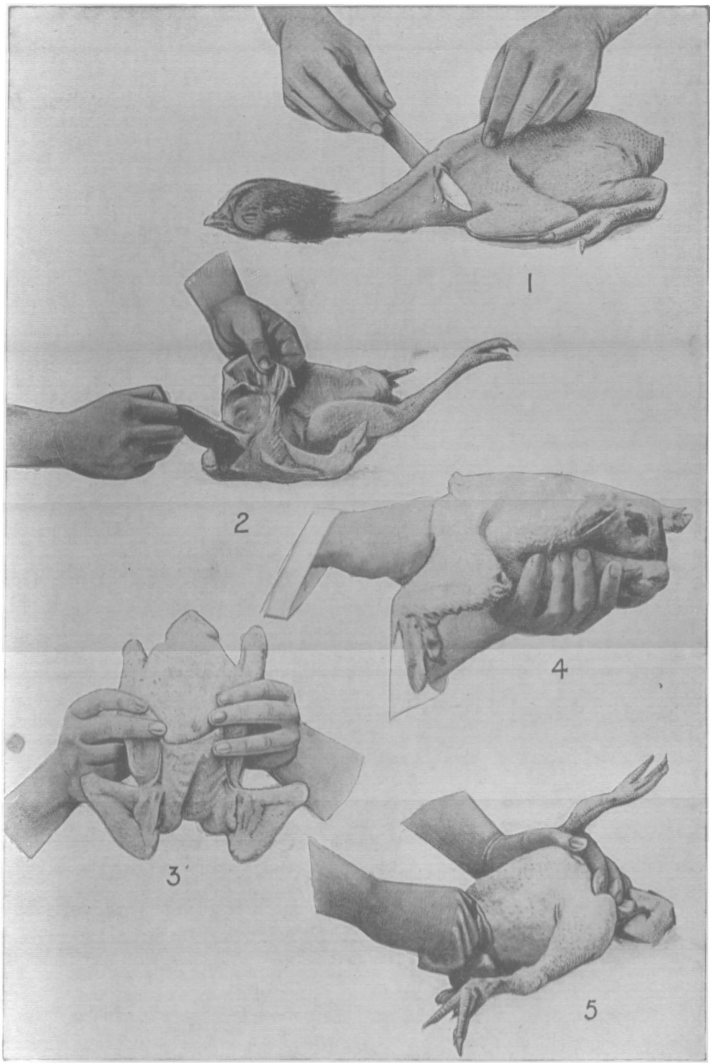
TIME.—To cook, about 3½ hours. SUFFICIENT for 7 or 8 persons.

PIG'S HEAD, COLLARED.

INGREDIENTS.—A pig's head, 1 lb. of common salt, 1 oz. of saltpetre, cayenne, salt and pepper.

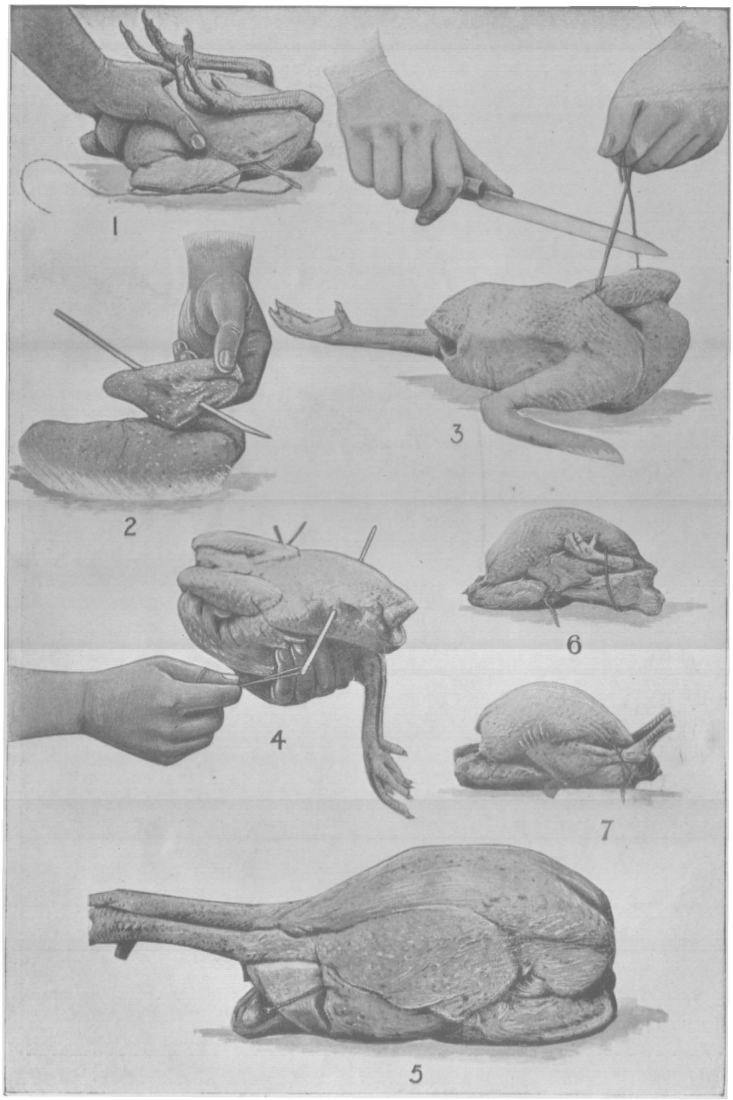
METHOD.—Prepare the head as directed in the preceding recipe, boil it gently for about 2 hours, then drain from the liquor and remove the bones, flatten the head

TRUSSING No. 1: TO DRAW A FOWL



See directions on page 172.

TRUSSING No. 2: FOWL FOR ROASTING



See directions on pages 172 and 173.

as much as possible, sprinkle it liberally with pepper and cayenne, and roll up tightly. Put the roll into a cloth, and bind securely. Replace it in the stewpan, boil gently for about 2 hours longer, press until cold, and use as required.

TIME.—About 4 hours. SUFFICIENT for 7 or 8 persons.

PIG'S KIDNEYS.

See recipe, p. 133.

PIG'S LIVER.

See recipe, p. 133.

PIG'S PETTITOES, STEWED.

INGREDIENTS.—8 sucking-pigs' feet, the heart and liver of the pig, 1 oz. of butter, 1 tablespoonful of flour, 1 tablespoonful of cream, 6 peppercorns, a small blade of mace, salt and pepper, stock.

METHOD.—Wash the liver, heart, and pettitoes, cover with stock, add the peppercorns and mace, and simmer gently for about 20 minutes. Take out the heart and liver, and chop them finely, the pettitoes being meanwhile allowed to cook slowly until quite tender. Heat the butter in a stewpan, add the flour, stir and cook gently for about 5 minutes, then strain and add ½ pint of stock. Stir until boiling, season to taste, put in the mince and pettitoes, make thoroughly hot, and stir in the cream. Serve the mince on a hot dish with the feet halved and laid on the top of it.

TIME.—About 45 minutes. SUFFICIENT for 2 or 3 persons.

PIGS' TONGUES.

INGREDIENTS.—4 or 5 pigs' tongues. For the pickle: 2 oz. of common salt, 1 oz. of bay-salt, ½ oz. of moist sugar, ½ oz. of saltpetre.

METHOD.—Trim the roots of the tongues, rub them well with salt and let them lie for about 24 hours. Mix the above ingredients together, rub the mixture well into the tongues, and repeat this process daily for 9 or 10 days. When ready, the tongues should be well washed, and cooked according to directions given for dressing sheeps' tongues.

TIME.—To pickle, 9 or 10 days. SUFFICIENT for 6 or more persons.

POOR MAN'S GOOSE.

See Faggots.

PORK AND BEANS.

INGREDIENTS.—A shoulder of young pork pickled, 1 onion, 1 carrot, ½ of a turnip, 10 peppercorns, broad beans, parsley sauce.

METHOD.—Put the pork into a stewpan containing sufficient warm water to cover it, bring to the boil, add the vegetables and peppercorns, and boil gently for about 2 hours. About ½ an hour before the pork will be ready throw the beans into salted boiling water, boil gently from 25 to 30 minutes, then drain well, and pour over them the parsley sauce. Serve the pork and beans on separate dishes.

TIME.—From 2 to 2½ hours. SUFFICIENT for 6 persons.

PORK CHEESE.

See recipe, p. 201.

PORK MOULD.

See recipe, p. 202.

PORK PIES, LITTLE, RAISED.

INGREDIENTS.—2 lb. of lean pork, 1 lb. of household flour, 8 oz. of lard, ½ a teaspoonful of powdered sage, cayenne, pepper and salt, ½ pint of water, 1 small onion.

METHOD.—Prepare the stock, meat and paste in the usual manner as directed in the recipe for Veal and Ham Pie. Divide the paste into small pieces, raise in a round or oval form, and fill with meat. Sprinkle lightly with sage, moisten with stock, and put on the covers. Bake in a moderately hot oven for about 1 hour, then fill up with stock. Serve hot or cold.

TIME.—To bake, about 1½ hours. SUFFICIENT for 8 or more persons.

ROAST PORK.

See **Leg of Pork, Roast, p. 167.**

SAUSAGES, TO FRY.

INGREDIENTS.—Sausages, fat.

METHOD.—Prick the sausages well with a fork, as this prevents the skins breaking. Put the sausages into a frying-pan containing a little hot fat, and fry gently, turning two or three times, so as to brown them equally. Serve on mashed potato or toasted bread.

TIME.—About 10 minutes.

SAUSAGES, TO MAKE.

INGREDIENTS.—½ lb. of pork, fat and lean, without skin or gristle; ½ lb. of lean veal, ½ lb. of beef suet, ½ lb. of breadcrumbs, the rind of ½ a small lemon, some nutmeg, 3 sage leaves, ½ a teaspoonful of savoury herbs, ½ teaspoonful of marjoram.

METHOD.—Chop the pork, veal and suet finely together, add the breadcrumbs, lemon-peel (which should be well minced), and a grating of nutmeg. Wash and chop the sage leaves very finely; add these, with the remaining ingredients, to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or form it into little cakes, which should be floured and fried.

TIME.—To fry, about 10 minutes. SUFFICIENT for about 15 moderate-sized sausages.

SAVELOYS.

INGREDIENTS.—6 lb. of pork, 1 lb. common salt, 1 oz. saltpetre, 3 teaspoonfuls pepper, 12 sage leaves, 1 lb. breadcrumbs.

METHOD.—Salt the pork, after removing the skin and bone, using both the common salt and saltpetre, and let it remain in the pickle for 3 days, then mince it up very fine, and season it with pepper, and 12 sage leaves, chopped as small as possible; add the grated bread, and mix all well together, fill the skins, and bake in a slow oven for about ½ an hour.

SAVOURY DUCKS.

See **"Faggots," Yorkshire and Lancashire recipe.**

SAVOURY PUDDING (To serve with Pork).

See **Pudding section.**

SUCKING PIG, ROAST.

INGREDIENTS.—A sucking pig, not more than 3 weeks old, butter or salad-oil to baste with, onion forcemeat.

METHOD.—Make the forcemeat as directed, put it inside the pig, and close the opening by means of a trussing needle and string. Brush the entire surface of the pig with salad-oil or warmed butter, wrap it in several folds of well-oiled or well-greased paper, draw the legs well back, tie into shape, and either roast or bake it for 2½ or 3 hours, according to its size. It should be thoroughly well basted, and about ½ an hour before the time of serving the paper must be removed and the pig brushed over with thick cream or salad-oil to improve the colour, and crisp the surface. Before serving, cut off the head, and split the pig down the centre of the back; lay the two halves on a dish, divide the head, and place half at each end of the dish. The usual accompaniments are brown and apple sauces, and sometimes hot currants; the latter should be prepared the day before. To make them plump, they must be scalded, and afterwards thoroughly dried. Reheat in the oven before serving.

TIME.—From 2½ to 3 hours. SUFFICIENT for 8 or 9 persons.

TRUSSING POULTRY AND GAME.

REALIZING the importance of this branch of the cook's art, and knowing how difficult it is to learn from written instructions, we have prepared a series of illustrations to show practically the various stages in the preparation of game and poultry for different modes of cooking. To obtain these and to ensure their being reliable guides for the uninitiated, we secured the services of a very experienced trusser. The latter, taking each bird or animal in turn, demonstrated the manner of drawing, trussing, etc., at each stage of which a photograph was taken, so that by studying these the amateur will be able to acquire the proper method. Skewers are not now used for trussing fowls and similar small birds, which are always trussed with a needle and twine. This mode not only facilitates the carving, but avoids serving a dish rendered unsightly by skewers or skewer holes. Trussing needles, made of iron, are obtainable from any ironmonger. They are very similar to packing needles —strong and straight, about 9 inches long.

To Pluck a Bird.—Hold the bird in the left hand and commence to pull off the feathers from under the wing. Having plucked one take the other wing and proceed in the same manner until all the feathers are removed. Poultry feeders usually pluck birds immediately after killing, because the feathers are more easily withdrawn before the flesh stiffens. Another way is to plunge the bird into hot, but not boiling, water for about one minute, and immediately pull out the feathers. But this is a rather risky method, for if the bird be left too long in the water, the skin becomes tender, apt to be easily torn, and the appearance is thus spoiled.

To Singe Poultry.—Hold the bird by the neck with the left hand, and with the right hand singe off the down with a lighted taper, moving it quickly so as not to scorch the bird; those parts that will be hidden after the bird is trussed must be most carefully gone over, but it is usual to again singe after trussing. In large kitchens there is sometimes a gas-tube, which is very convenient for singeing poultry, and avoids, to some extent, any chance of burning or scorching during the operation; but a lighted taper carefully used is all that is necessary.

It is useless to expect singeing to take away the feathers that have been left in through careless plucking; if any should appear, they must be pulled out, not singed off, otherwise they will impart a disagreeable odour of burnt feathers to the bird.

To Bone Poultry and Game.—Birds are invariably plucked and singed before boning, but not drawn. The crop, however, should be removed, the wings and legs cut off at the first joint, and the tendons of the legs carefully drawn at the same time. To bone the bird, use

a small sharp knife, and first remove the merry-thought at the neck. This done, cut the skin down the centre of the back and raise the flesh carefully on either side, sever the wing joints, and continue to detach the flesh, keeping the blade of the knife close to the bone. When the legs are reached, dislocate the joints, cut the connecting tendons, but leave both wings and legs intact until the breast and back bones have been removed, together with the viscera. Turn the body inside out; take the thigh bones of one of the legs in the left hand and strip the flesh downwards. Repeat this until all the small bones are removed. The bird may then be turned right side out again, when it will be found completely boned and should be quite whole.

Both large and small birds may be boned in this way. They are then stuffed, re-shaped, and trussed or rolled into galantines.

To Draw Poultry (*Illustration No.* 1).—Lay the bird back downwards upon the table, and cut off the ends of the pinions. Then turn the bird breast downwards, and cut a long slit in the back of the neck, in the manner shown in Trussing Illustration No. 1, Fig. 1; pass the knife under the skin, cut off the neck at its junction with the body, taking care not to cut through the under skin of the neck in this motion. Then cut through the skin of the back of the neck at the place where the first incision was made, and through the underneath skin about three inches from the breast, leaving the two flaps of neck skin to fold over the jagged opening (*see* Figs. 2 and 3), and draw out the neck. Then take out the crop, and well loosen the entrails by placing the forefinger inside the body, and working it round from left to right (*see* Fig. 4). Put the fowl on the table tail upwards and make a deep cut straight across the body, between the tail and the vent. The vent can then be easily cut out, and the opening will be found sufficiently large to enable the fingers to be put inside the bird to take hold of the gizzard, etc. (*see* Fig. 5), and if the loosening at the other end has been properly performed, the whole of the inside of the fowl can be easily drawn away in one mass. Care should be taken not to draw away the fat on gizzard. This can be felt with the fingers and may be easily left inside the bird.

Be very careful not to break the gall-bladder, for this accident may ruin the bird by imparting a very bitter taste to the flesh. Now wipe out the inside with a clean cloth, but do not wash the bird, unless any part of the inside has been broken in drawing; dip the legs of the bird in boiling water, scrape them, and cut off the claws.

To Truss a Fowl for Roasting. (*Illustration No.* 2).—Place the fowl upon the table as shown in illustration, and pass the needle and string through the centre of the fowl, just above the thigh-bone, exactly in the centre of the two joints (*see* Fig. 1), leaving the end of the string protruding from the place where the needle entered the bird. Turn the fowl over on to its breast, and carrying the twine on, pass it in a slanting direction between the two centre bones of the wing, catching the underneath part of the pinion (*see* Fig. 2), and then over the bird through the pinion and then the wing of the other side, and the string will come out near the point where it first entered the fowl; then tie the two ends together, but not too tightly, or the bird will not lie flat on the dish (Fig. 3). Next take the fowl in the left hand, breast downwards, and pass the needle and twine through the back, close to the end of the thigh-bones (Fig. 4); put the legs into position shown, turn the fowl on its back, and carry the string over the leg and then through the breast, catching up a small portion of the bone as the needle

passes through. Take the string on over the other leg, and tie the ends together, and the bird will be ready for roasting (*see* Fig. 5).

Now again singe the bird, going over it very carefully, so that no feathers remain; then, after cleaning and washing the gizzard and liver, put one in each of the pinions.

To Truss a Fowl for Boiling (*Illustration No.* 3).—It is generally found more difficult for a beginner to truss a fowl for boiling than for roasting, for in loosening the skin and drawing it over the bone it is very easy to tear it.

Loosen the skin of the leg by placing the two first fingers of the hand inside the body, and working round the leg, as shown (Fig. 1). Make a cut in the drumstick of the fowl, about half an inch from the hock (Fig. 2), to prevent the bone from breaking under the next operation. Turn the shank inward on to the back of the fowl (Fig. 3), and draw the skin of the leg over the hock, tucking the joint into the body (as in Fig. 4). Next cut off the shank about half an inch above the foot, i.e. cutting off all the leg and foot that shows in Fig. 4. Sew with needle and string as for roasted fowl (*see* Fig. 5).

To Truss a Turkey (*Illustration No.* 4).—Turkeys are plucked and singed in exactly the same manner as fowls, but before trussing draw the sinews. To do this, break the leg bones close to the feet, run them on a hook placed in the wall (*above* you, so that weight as well as strength can be brought to bear), and draw out the sinews as shown in Fig. 1. Next cut off the neck close to the back, leaving enough skin to turn over it, and loosen the liver and the rest of the inside at the throat end. Cut off the vent, take out the gut, and draw the bird with a hook sold for this purpose. Take great care not to break the gut joining the gizzard, for fear of grit, or the gall bladder, which, if broken, would make the flesh bitter. Next dry the inside thoroughly. Cut the breastbone through at each side close to the back, beat it flat with a wooden rolling-pin, then place the pinions as shown in illustration, and skewer (Figs. 2 and 3). Press the legs close to the body and skewer at first and second joints, and the turkey will now be ready for stuffing.

Having filled the bird with the forcemeat (the fuller the better), skewer over the flap of skin, also that at the neck. Turn the bird back uppermost and put a string across and across as shown.

As with a fowl, a boned turkey has sometimes the legs put inside, so that less stuffing is needed and the aim is not to preserve its form, but to make it present a broad smooth surface that is easy to carve.

To Truss a Goose or Duck (*Illustration No.* 4, Fig. 5).—Geese and ducks are prepared, drawn and trussed in the same manner as fowls and turkeys, except that the wings or pinions are cut off at the first joint. The feet of a goose are often removed, but those of a duck are just as frequently left on, the tips of the toes alone being cut off.

Having well plucked and singed the bird, cut off the feet at the joint, the pinions at the first joint, and the neck close to the back, as directed for fowls, leaving enough skin to turn over the back. Next loosen the inside at the throat end. Cut the bird open between the vent and the rump, and draw; then wipe out the bird and very carefully flatten the breastbone with a rolling-pin, taking care not to break the bone into splinters. Put a skewer through the under part of one wing and bring it through the other, as shown in Fig. 5. Skewer the legs by passing the skewer through the first joint and carrying it through the body so as to secure the other. Always remove the merry-thought from a duck or a goose.

To Truss Grouse.—When plucking leave the breast feathers for removal afterwards, in order to prevent the skin being broken in trussing. First cut off the head, leaving enough skin to skewer back, loosen the inside at neck and squeeze out and wipe the inside of the bird. Secondly, bring the legs close to the breast, between it and the side bones, and pass a needle through the pinions and the thick part of the thighs, tie round, then take off the breast feathers with the aid of a knife, thus avoiding the breaking of the skin.

Partridges and pheasants are trussed in the same manner, but the latter can be drawn in the same way as a fowl.

To Truss a Pigeon (*Illustration No.* 2, Figs. 6 and 7).—First pluck and draw the bird, wash it very thoroughly and wipe perfectly dry. Then cut off the neck and head, and the toes at the first joint. Truss for roasting by crossing the legs and running a trussing needle and twine through both pinions and legs (Fig. 7). For stewing, twist the legs up on each side and fasten with a trussing needle and twine (Fig. 6). Pigeons are better if drawn directly they are killed. They do not improve with keeping.

To Truss Snipe, Plovers, Quails, and Woodcock.—First pluck the birds, and wipe them outside with a damp cloth, but do not draw them. Twist the legs, thrust them close to the body; skin the neck and head, and bring the beak round under the wing. The birds should then be placed on toast.

To Skin and Truss a Hare (*Illustration No.* 4, Figs. 6 *and* 7).—Cut off the fore and hind legs at the first joint, make a long slit in the skin underneath the body, detach it from the flesh, and draw it over the hind legs, leaving the tail on. The next step is to draw the skin over the back and slip out the fore legs, easing it with a knife, if necessary, over the neck and head, and being very careful not to injure the ears, which are left on. In skinning this is the most delicate part, and one that is always found difficult by the amateur, but the appearance of a roast hare is spoilt if the ears are torn or otherwise injured.

To hang the hare on a hook is a most convenient way of accomplishing the skinning. Slit the body in the same direction as the skin was cut, remove all the viscera except the kidneys, and wipe the inside with a clean, damp cloth. Next cut the sinews beneath the hind legs and press them towards the head, and bring the fore-legs backwards to the hind ones. A skewer can then be passed through the two legs on one side, through the body and the two legs on the other side, the chief part of the trussing being thus effected by means of one skewer. Press back the head (Fig. 6), pass a skewer through the top of the shoulder, the back of the neck, and out through the top of the opposite shoulder.

To Truss a Rabbit for Roasting or Boiling.—Empty, skin, and wash the rabbit, wipe it dry, and take out the eyes. Then cut off the fore-joints of the shoulders and legs, and fasten close to the body with needle and twine; raise the head and skewer it back between the shoulders. Put stuffing in (if liked) when roasting, and sew up.

POULTRY.

See also Chapter on **The Art of "Using-up" Cold Remains.**

Full instructions for the various methods of cooking poultry will be found on pp. 51–58.

CAPON CHAUDFROID.

Boil a ready-trussed bird in seasoned white stock. Drain and let it get cold, then untruss and mask completely with white chaudfroid sauce. Decorate tastefully with fancifully cut slices of truffle, then mask with a thin layer of aspic jelly. Dish up, insert one or two hatchet skewers, garnish with salad and serve.

TIME.—About 1 hour, if the capon has been previously cooked. SUFFICIENT for 5 or 6 persons.

CAPONS AND POULARDES, TO DRESS.

The male fowl, the capon, and the female bird, the poularde, are both, by treatment while young, made incapable of generating, with the result that their size is increased, and they become fatter than ordinary fowls. The flavour of the poularde is considered more delicate than that of the capon, but the latter is the larger bird. They may be dressed, according to the directions given for cooking chickens and fowls.

CHICKEN, BOILED.

INGREDIENTS.—1 chicken, 1½ oz. of butter, 1½ oz. of flour, ¾ of a pint of stock, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

METHOD.—Truss the chicken for boiling. Have ready a saucepan, just large enough to contain the chicken, and as much boiling stock or water as will cover it. Rub the breast of the bird with lemon, wrap it in a greased paper, put it into the saucepan, bring to the boil, and skim well. Add the sliced vegetables, bouquet-garni, peppercorns and salt if necessary, and cook very gently until the chicken is tender. A young chicken should be ready to serve at the end of about 1 hour, but an old bird may need twice that length of time. Meanwhile, melt the butter in a stewpan, add the flour, cook for a few minutes without browning, pour in the stock (use some of the liquor in which the chicken was cooked if none other is at hand), and boil up, stirring all the time. Season to taste, and simmer for 10 minutes, or until the chicken is ready. Remove the trussing string, place on a hot dish, pour over the sauce, which must be thick enough to coat it, garnish with chopped truffle, parsley, or hard-boiled yolk or egg, and serve.

TIME.—From 1 to 2 hours, according to age. SUFFICIENT for 4 or 5 persons.

Note.—Chicken is obtainable at any time.

CHICKEN EN CASSEROLE.

INGREDIENTS.—1 chicken, 4 to 6 oz. of streaky bacon, 2 oz. of butter, 1 shallot finely-chopped, 2 tablespoonfuls of coarsely-chopped mushrooms, preferably fresh ones, stock, 1 oz. of flour, salt and pepper.

METHOD.—Divide the chicken into neat joints. Heat 1 oz. of butter in a casserole just large enough to hold the chicken, and fry in it the bacon cut into strips. Then put in the chicken, add the shallot and mushrooms, cover, and cook slowly. Turn the pieces over and when both sides are nicely browned add stock barely to cover and season to taste. Knead the flour and the remaining oz. of butter together, and add the mixture in small pieces about 15 minutes before serving. The chicken should be served in the casserole, but it may, if preferred, be turned on to a hot dish.

TIME.—From 1½ to 1¾ hours. SUFFICIENT for 4 or 5 persons.

CHICKEN, COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up,"** pp. 191–206.

CHICKEN CREAM.

INGREDIENTS.—¼ lb. of raw chicken, free from bone and skin, ¼ pint of thick Béchamel sauce, ⅛ pint of double cream, 1 egg, salt and pepper.

METHOD.—Chop the chicken-meat finely, pound it in a mortar until smooth, adding the egg and white sauce gradually, and pass the ingredients through a wire sieve. Whip the cream stiffly, stir it lightly in, and season to taste. Turn the mixture into one large or six or seven very small buttered moulds, and steam gently until firm. Dish up and sauce over. Serve with Béchamel or other suitable sauce.

TIME.—To steam, from 25 to 30 minutes. SUFFICIENT for 6 or 7 persons.

CHICKEN CROQUETTES.

See **Chicken Cutlets.**

CHICKEN, CURRIED.

INGREDIENTS.—1 chicken, ½ pint of white stock, 2 oz. of butter or good fat, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of curry-paste, 1 dessertspoonful of desiccated or fresh coco-nut, 1 dessertspoonful of chutney, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of cream or milk, 1 apple, 1 onion, salt, cooked rice.

METHOD.—Divide the chicken into neat joints, and fry them lightly in hot butter or fat. Remove them from the stewpan, put in the onion minced, fry for a few minutes without browning, add the flour and curry-powder, stir and cook for a few minutes, then pour in the stock and stir until boiling. Replace the chicken in the stewpan, add the curry-paste, coco-nut, chutney, sliced apple, lemon-juice, and salt to taste, cover and cook very gently for about ¾ of an hour if the bird is young, or until the flesh is tender. Arrange neatly, add the cream, or milk, to the sauce, and strain over the chicken. The rice should be handed separately.

TIME.—From 1¼ to 1½ hours. SUFFICIENT for 5 persons.

CHICKEN CUTLETS.

See recipe, p. 194.

CHICKEN ENTRÉES.

See **Entrées and Luncheon Dishes,** p. 129.

CHICKEN ESCALOPES.

INGREDIENTS.—The legs of a large uncooked chicken, ½ a lb. of lean veal, ¼ lb. of bacon (a corresponding amount of sausage-meat may be substituted for the veal and bacon), 6 mushrooms, 1 truffle, 1 egg, 1 pint of stock, 3 oz. of butter or good fat, 1½ oz. of flour, 1 tablespoonful of sherry (optional), a few

drops of lemon-juice, 1 onion, 1 carrot, ½ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, spinach purée.

METHOD.—When veal and bacon are used, chop and pound them smoothly, then rub them through a fine sieve. Add to this purée of meat the mushrooms and truffle cut into dice, season well with salt and pepper, and bind with the egg. Bone the legs, stuff with the prepared farce or stuffing, shaping them as much like a roll as possible. Put 1½ oz. of butter or fat and the sliced vegetables into a stewpan, lay the chicken legs on the top, cover, and fry gently for about 20 minutes. Add stock to three-quarters the depth of the vegetables, place a greased paper over the chicken legs, put on the lid, and cook gently for about 1 hour. Meanwhile, melt 1½ oz. of butter or fat, stir in the flour, and cook over the fire until a brown roux, or thickening, is formed. When the chicken legs are sufficiently cooked, remove them and keep them hot; strain the stock on to the brown roux, stir until boiling, simmer for about 20 minutes, then add the sherry (if used), and lemon-juice, season to taste, and keep hot until required. Cut the chicken legs into ½-inch slices, arrange them slightly overlapping each other on the bed of spinach, strain the sauce round, and serve.

TIME.—About 1½ hours. SUFFICIENT for 5 or 6 persons.

CHICKEN FORCEMEAT.

See **Quenelles of Veal.**

CHICKEN FOR INVALIDS.

See **Chicken Custard, Chicken Panada, etc., in Invalid Cookery Section.**

CHICKEN FRICASSÉE.

INGREDIENTS.—1 boiled chicken, 1 pint of Béchamel sauce, ½ gill of cream or milk, 1 egg, the juice of 1 lemon, salt and pepper.

METHOD.—Cut the chicken before it is quite cold into neat joints. Make the sauce as directed, put in the pieces of chicken, let them remain until thoroughly hot. Add the egg and cream or milk, previously blended, and stir by the side of the fire until the sauce thickens, without boiling. Season to taste, add the lemon-juice, arrange neatly on a hot dish, and strain the sauce over. The dish may be garnished with truffle, cooked green peas, or croûtons of fried bread, and the fricassée served in a border of mashed potato if desired.

TIME.—About ½ of an hour, after the chicken is boiled. SUFFICIENT for 5 or 6 persons.

CHICKEN KROMESKIS.

INGREDIENTS.—Make a Salpicon as directed in the recipe for Chicken Cutlets, as many small, very thin slices of bacon as there are cork-shaped pieces of the mixture. For the batter: 2 tablespoonfuls of milk, 3 tablespoonfuls of flour, 1 tablespoonful of salad-oil or oiled butter, 1 egg, salt, frying-fat, parsley.

METHOD.—Mix the above ingredients into a smooth batter, and add to it 1 saltspoonful of salt. Wrap each piece of the chicken mixture in a slice of bacon, dip into a light batter prepared from the above-named ingredients, and fry in a deep pan of hot fat. Drain, and serve garnished with parsley.

TIME.—About 1 hour. SUFFICIENT for about 6 persons.

CHICKEN MAYONNAISE.

See recipe, p. 194.

CHICKEN, MINCED.

See recipe for **Veal, Minced,** p. 206, and substitute poached eggs for the forcemeat balls.

CHICKEN PATTIES.

See recipe, p. 195.

CHICKEN PIE.

See **Pigeon Pie and Calf's Head Pie.**

CHICKEN QUENELLES.

See **Quenelles of Veal.**

CHICKEN RÉCHAUFFÉ.

See **Fowl, Hashed.**

CHICKEN RISSOLES.

See **Lobster Cutlets and Chicken Cutlets.**

CHICKEN, ROAST.

INGREDIENTS.—1 good chicken, 2 or 3 slices of bacon, ½ pint of stock, fat for basting, salt and pepper, bread sauce, a few drops of liquid caramel, watercress.

METHOD.—Truss the chicken for roasting, prick the entire surface of the breast with the point of a metal skewer or trussing needle, skewer over it the slices of bacon, baste well with hot fat, and roast in a moderately warm oven for about 1 hour. Baste frequently, and a few minutes before serving remove the bacon for the breast to brown. Meanwhile, simmer the neck (and the liver and gizzard when not trussed in the wings) in the stock. When the chicken is sufficiently cooked, remove it to a dish, drain off every particle of fat, taking care not to disturb the sediment, pour in the stock, boil for a few minutes, season and color to taste, and strain into a sauce-boat. Have ready the watercress well washed, drained, and season lightly with salt and pepper, and use as garnish. Serve both gravy and bread sauce separately.

TIME.—About 1 hour. SUFFICIENT for 4 to 6 persons.

Note.—The pricking of the breast is not essential, but some cooks prefer this way.

CHICKEN SALAD.

See recipe, p. 195.

CHICKEN SAUTÉ.

See **Fowl Ragoût.**

CHICKEN SOUFFLÉ.

INGREDIENTS.—½ lb. of raw chicken, ½ oz. of butter, 1 egg, 1 tablespoonful of cream, pepper and salt, ¼ pint of Béchamel sauce.

METHOD.—Shred the chicken-meat finely, or pass it through a mincing machine, then pound it in the mortar with the butter and yolk of egg, season with salt and pepper, and rub through a fine wire sieve. Whip the cream slightly and whisk the white of egg stiffly and add them lightly to the chicken purée, add a little milk or good white sauce if too stiff. Place in a well-greased soufflé (plain Charlotte) mould, cover with a greased paper, and steam gently for about an hour. Or, fill up several small dariole moulds, and steam for about 25 minutes. Serve with the white sauce poured over, and if liked, decorate with finely-chopped truffle.

TIME.—1 to 1½ hours. SUFFICIENT for 3 or 4 persons.

CHICKEN TIMBALES.

INGREDIENTS.—½ a lb. of raw chicken, 1½ oz. of butter, the whites of 2 eggs, the yolk of 1 egg, 2 tablespoonfuls of cream, pepper and salt, ¼ a pint of Béchamel sauce, macaroni.

METHOD.—Boil the macaroni in salted water until tender, cut it across into rings about ⅛th of an inch in thickness, and with the rings line several well-greased timbale moulds. The rings should be arranged as evenly as possible; and the somewhat tedious task may be facilitated by using the point of a larding needle to fix them in position. Prepare the chicken purée as directed for "Chicken Soufflé." Fill the prepared mould with the mixture. Steam the timbales from 25 to 35 minutes, arrange neatly on a hot dish, pour the sauce round, and serve.

TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

CHICKEN WITH MACARONI.

INGREDIENTS.—1 chicken, ½ lb. of macaroni, ½ pint of tomato sauce, ½ pint of Espagnole sauce, stock, a few drops of lemon-juice or tarragon vinegar, salt and pepper.

METHOD.—Boil the chicken until half-cooked in stock, or, if this is not at hand, in water flavoured with vegetables. Put the macaroni into salted boiling water and cook rapidly for 15 or 20 minutes until it is perfectly tender, but not broken, then drain well, and cut into short lengths. Heat the sauces in a stewpan, and when the chicken is sufficiently cooked, cut it into pieces convenient for serving, and put them into the sauce. Add the macaroni, salt, pepper, lemon-juice, or vinegar to taste, and simmer very gently for about ½ of an hour. Arrange the macaroni to form a bed in the centre of a hot dish, place the chicken on the top of it, strain the sauce over, and serve.

TIME.—From 1 to 1½ hours. SUFFICIENT for 4 or 5 persons.

CHICKEN, WITH RICE AND TOMATOES.

INGREDIENTS.—1 chicken, larding bacon, 2 onions, 2 carrots, 1 turnip, all thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, stock, ½ pint of tomato purée, 3 oz. of grated Parmesan cheese, salt and pepper, about ½ lb. of rice.

METHOD.—Truss the chicken, lard the breast in close rows, and wrap it in greased paper. Put the vegetables, herbs, and peppercorns into a stewpan, add sufficient stock nearly to cover them, and place the chicken on the top. Cover closely, cook gently for about 1½ hours, adding more stock to replace that which boils away. Wash and blanch the rice, cook it in good stock until tender and dry, then stir in the tomato purée and cheese, and season to taste. Put the chicken in a hot oven for a few minutes to crisp the bacon, then serve with the rice either as a border or formed into timbales.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

COLD REMAINS, TO UTILIZE.

See **The Art of "Using-up," pp. 191–206.**

DUCK, BRAISED, WITH CHESTNUTS.

INGREDIENTS.—1 duck, 1 pint of stock, ½ of a pint of Espagnole sauce, 1 glass of port wine (optional), 1 dessertspoonful of red-currant jelly, 1 Spanish onion, 1 lb. of chestnuts, larding bacon, 2 oz. of butter or good fat, 1 egg. For the mire-poix, or foundation: 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 allspice, 2 cloves, salt and pepper.

METHOD.—Boil the chestnuts and remove the skins, cook the Spanish onion in stock or water until tender, chop both finely, season with salt and pepper, add the egg, and use these for stuffing the duck. Truss the duck and lard it neatly. Put the butter, or fat, and sliced vegetables into a large stewpan, place the duck on the top of them, cover, and fry gently for about 20 minutes. Next add as much of the stock as will three-quarter cover the vegetables, and the remainder as that in the stewpan boils away. Cover the duck with a greased paper, put on the lid, and cook gently for about 2 hours, or until the duck is perfectly tender. Heat the Espagnole sauce, add to it the wine (if used) and jelly, and season to taste. Remove the trussing strings, and put the duck in a hot oven for a few minutes to crisp the bacon. Serve with a small quantity of the sauce poured over, and the remainder in a sauce-boat.

TIME.—About 2 hours. SUFFICIENT for 4 or 5 persons.

Note.—Ducklings are in season from March to September.

DUCK, HASHED.

See recipe, p. 196.

DUCK, ROAST.

INGREDIENTS.—1 duck, sage and onion stuffing (which see), ¼ pint of stock, ½ oz. of flour, salt and pepper, apple sauce, fat for basting.

METHOD.—Stuff the body of the duck with the onion farce or stuffing, and truss for roasting. Baste well with hot fat, and roast in a moderately hot oven for about 1 hour, basting frequently. When done, pour off the fat, and if a thick gravy is preferred, brown the flour in the dripping-pan before adding the stock. Bring the gravy to boiling-point, season to taste, simmer for a few minutes, and serve in a sauce-boat.

TIME.—From 1 to 1¼ hours. SUFFICIENT for 4 or 5 persons.

Note.—The White Aylesbury Duck is a favourite bird for table, its flesh being whiter and more delicate than that of other varieties.

DUCK SALMI.

INGREDIENTS.—1 duck (or remains of cold ducks), 12 stoned French olives, 1½ oz. of butter, 1 oz. of flour, ¼ pint of stock, 1 medium-sized Spanish onion, fat for basting, salt and pepper.

METHOD.—Singe, draw, and truss the duck, slice the onion, and put it into a baking-tin; place the duck on the top, baste with hot fat, and roast in a moderate oven for about ¼ an hour, basting frequently. In the meantime, melt the butter, stir in the flour, and cook over the fire until a brown roux or thickening is formed, then add the stock, stir until boiling, and simmer until required. When the duck is sufficiently roasted, remove the trussing strings, cut the bird into small joints, add these with the olives to the sauce, season well, and simmer gently for about ¼ an hour. Return the baking-tin to the oven until the slices of onion are tender, then rub them through a fine hair sieve, and add them to the contents of the stewpan. Drain off every particle of fat, and add the sediment in the baking-tin to the sauce. When it is ready dish the salmi in the centre of a hot dish on a croûte of fried bread, pour over the sauce, and the olives. Serve hot.

TIME.—About 1 hour. SUFFICIENT for 5 persons.

DUCK, STEWED WITH GREEN PEAS.

INGREDIENTS.—Remains of cold roast ducks, 1 pint of brown sauce, 1 pint of shelled peas, 1 sprig of mint, 1 lump of sugar, lemon-juice.

METHOD.—Parboil the peas with the mint and sugar, and drain well. Divide the remains of the ducks into neat pieces, put them into the hot brown sauce, add the peas, season to taste, and simmer very gently for about ¼ an hour. Before serving, add a few drops of lemon-juice.

TIME.—From 45 to 60 minutes. SUFFICIENT for 3 or 4 persons.

DUCK, WILD.

See recipes, p. 190.

FOWL, BOILED.

See **Chicken, Boiled.**

Note.—Fowl is obtainable at any time, but it is at its best from June to September.

FOWL, BROWN FRICASSÉE.

See recipe, p. 198.

FOWL, CURRIED.

See **Chicken, Curried.**

FOWL, FRIED, WITH PEAS.

See **Fowl Ragoût.**

FOWL GALANTINE.

INGREDIENTS.—1 boned fowl, 1 lb. of sausage-meat, ¼ lb. of ham or bacon, 2 hard-boiled eggs, 2 truffles, ½ oz. of pistachio nuts blanched, pepper and salt, aromatic spice.

METHOD.—Bone the fowl, cut it down the centre of the back, spread it out on the table, season the flesh well, and distribute it in such a

manner that all parts are nearly of equal thickness. Spread on half the sausage-meat, on the top place narrow strips of bacon, slices of egg, slices of truffle, intersperse the nuts, season liberally with salt and pepper and cover with the remainder of the sausage-meat. Roll up tightly, fasten securely in a cloth, and simmer gently in stock for about 2 hours. When cooked, tighten the cloth and press between two boards or dishes until cold. Before serving glaze thickly and garnish with aspic jelly.

TIME.—About 2 hours to cook. SUFFICIENT for 6 or 7 persons.

FOWL, HASHED.

INGREDIENTS.—The remains of cold roast fowls, 1 pint of stock, 1½ oz. of butter or good fat, 1½ oz. of flour, salt and pepper, vegetables for flavouring.

METHOD.—Divide the fowls into neat joints and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter or fat, fry the flour until lightly browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour, where its contents will keep hot without cooking, then serve with the sauce strained over.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

FOWL RAGOÛT.

INGREDIENTS.—1 fowl, ½ lb. of ham or bacon cut into dice, 2½ oz. of butter or good fat, 1½ oz. of flour, 1½ pints of stock, 1 onion finely chopped, salt and pepper.

METHOD.—Divide the fowl into neat joints. Heat the butter or fat in a stewpan, fry the pieces of fowl until nicely browned, then remove and keep it hot. Fry the onion slightly, then sprinkle in the flour, cook slowly until well browned, and add the stock. Stir until boiling, season to taste, replace the fowl, put in the ham or bacon, and cover closely. Cook very gently from 1 to 1½ hours, or until the fowl is tender, then serve with the sauce strained over. Cooked fowl may be substituted. It should remain in the sauce for about ½ an hour.

TIME.—About 1½ hours. SUFFICIENT for 5 or more persons.

FOWL, ROAST.

See **Chicken, Roast.**

GIBLET PIE.

INGREDIENTS.—1 set of goose giblets, 1 lb. of rump steak, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), puff, flaky, or rough puff paste, salt, pepper.

METHOD.—Wash the giblets, put them into a stewpan with the onion sliced, bouquet-garni, peppercorns, ½ a teaspoonful of salt, cover with cold water, and simmer gently from 1½ to 2 hours. Cut the steak into small thin slices, put a layer of them at the bottom of a pie-dish, add the giblets and the remainder of the steak in alternate layers, and season well. Strain the stock, season to taste, pour over the meat to about three-quarters its depth, and add the remainder when the pie is baked. Cover with paste, bake in a brisk oven for about ½ an hour, then reduce the temperature, and continue the cooking for about 45 minutes longer. The appearance of the pie may be improved by brushing it over with yolk of egg either before baking or when it is three-parts done. Before serving, pour in the remainder of the hot stock.

TIME.—To bake, from 1½ to 1½ hours. SUFFICIENT for 5 or 6 persons.

GIBLETS, STEWED.

INGREDIENTS.—1 set of goose giblets, ½ pint of stock, 1 oz. of butter, 1 oz. of flour, salt and pepper.

METHOD.—Prepare the giblets as for Giblet Pie, wash and cover them with stock and water, and stew them until tender. Remove the liver, neck, and tendons as soon as these are sufficiently cooked, and continue to stew the gizzard until it can be easily pierced with a fork. Meanwhile, heat the butter in a stewpan, fry the flour brown and, when ready, remove the giblets, and strain ¾ pint of the stock on to the flour and butter. Stir until boiling, season to taste, put in the giblets, and when thoroughly hot, serve.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

GOOSE, HASHED.

See **Fowl, Brown Fricassée.**

GOOSE, ROAST.

INGREDIENTS.—1 goose, onion stuffing, ¾ pint of good beef stock or gravy, apple sauce, fat for basting.

METHOD.—Prepare and truss the goose, put the onion forcemeat inside the body, baste it well with hot fat, and either roast or bake from 2 to 2½ hours according to size and age. Baste frequently, and if the surface is not well browned dredge with flour when the bird is three-quarters cooked. Remove the trussing string, serve on a hot dish, and send the gravy and apple sauce to table in sauceboats.

TIME.—From 2 to 2½ hours. SEASONABLE from September to February. SUFFICIENT for 10 or more persons.

GOOSE, WILD.

See recipes for **Wild Duck.**

GUINEA FOWL, ROAST.

INGREDIENTS.—1 guinea-fowl, bacon, fried breadcrumbs, bread sauce, Espagnole sauce, watercress, salad-oil, salt and pepper.

METHOD.—Truss the bird, cover the breast with slices of fat larding bacon, and roast it in a moderately hot oven for about 1 hour, basting frequently. When three-quarters cooked remove the bacon that the breast may brown. Wash, drain, and dry the watercress, and season it with salt, pepper, and a little salad-oil. Serve on a hot dish, garnish with watercress, and hand the fried breadcrumbs, bread sauce, and Espagnole sauce separately.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

PIGEON PIE.

INGREDIENTS.—2 pigeons, ½ lb. of rump steak, 3 oz. of ham or lean bacon, ½ pint of good stock, 1 hard-boiled egg, the yolk of 1 egg, puff-paste, salt and pepper.

METHOD.—Cut each pigeon into 4 pieces, cut the beef into small thin slices, the ham into strips, and the egg into sections or slices. Put these ingredients into a pie-dish in layers, season well, and pour in stock to three-quarters fill the dish. Put on the cover (*see* Veal and Ham Pie), brush over with yolk of egg, bake in a quick oven until the paste is risen and set, then cook at a lower temperature for about 1 hour. Have ready a few of the pigeons' feet, scalded, and the toes cut off, also the remainder of the stock. Before serving pour in the stock through the hole in the centre of the pie, and replace the pastry ornament with the feet, fixing them in a nearly upright position. The pie may be served either hot or cold; if the latter, the stock must form a jelly when cold.

TIME.—About 1½ hours, to bake the pie. SUFFICIENT for 4 or 5 persons.

Note.—Pigeons are obtainable at any time, but are best from March to September.

PIGEONS, GRILLED.

INGREDIENTS.—2 or 3 pigeons, salad-oil or oiled butter, salt and pepper.

METHOD.—Split the birds down the back, flatten them with a cutlet-

bat, and skewer into shape. Brush over with oil or butter, season with salt and pepper, and grill over or in front of a clear fire from 15 to 20 minutes, turning frequently. Serve with tomato, piquant, brown, mushroom, or other suitable sauce.

TIME.—From 15 to 20 minutes. SUFFICIENT for 4 to 6 persons.

PIGEONS, ROAST.

INGREDIENTS.—Pigeons, bacon, watercress, salad-oil, salt and pepper, Espagnole, tomato, or piquant sauce, croûtons of fried bread.

METHOD.—Draw and truss the birds, cover each breast with a slice of larding bacon, and roast in a brisk oven for about 20 or 30 minutes, according to age and size. Baste frequently, and a few minutes before serving remove the bacon to allow the breasts to brown. Remove the trussing strings, replace the bacon, serve each bird on a croûton, garnish with watercress previously washed, dried, and seasoned with salt, pepper and salad-oil, and serve the sauce in a sauceboat.

TIME.—From 20 to 30 minutes. SUFFICIENT, allow 1 for 2 persons.

PIGEONS, STEWED.

INGREDIENTS.—3 pigeons, ½ pint of Espagnole sauce, 1 glass of claret (optional), 1 oz. of butter, ½ pint of shelled peas, 12 button onions, 6 or 7 very small carrots, salt and pepper, croûte of fried bread 1½ inch in thickness.

METHOD.—Cut each pigeon into 4 pieces and fry them brown in the butter. Have ready the hot Espagnole sauce, put in the pigeons and claret (if used), cover closely, and stew gently for about 35 minutes, or until the birds are tender. Strain the butter into a small stewpan, put in the onions, and cook until tender and well browned. Boil the carrots and peas separately, and drain them well. Arrange the pigeons on the croûte, strain the sauce over, group the onions, peas, and carrots tastefully round the dish, and serve.

TIME.—To cook the pigeons, about 35 minutes. SUFFICIENT for 5 or 6 persons.

PIGEONS WITH OLIVES.

INGREDIENTS.—2 pigeons, 24 stoned French olives, ¾ pint of Espagnole sauce, 1½ oz. of butter or good fat, stock.

METHOD.—Divide each pigeon into quarters, and fry them brown in the butter or fat. Have the sauce ready in a stewpan, put in the pigeons, cover closely, and cook them very gently for about 40 minutes, or until tender. Meanwhile, braise or stew the olives in a little good stock. Serve the pigeons on a hot dish, with the sauce strained over and the olives grouped at the base.

TIME.—About 1 hour. SUFFICIENT for 4 persons.

TURKEY BLANQUETTE.

See recipe, p. 203.

TURKEY, BOILED.

INGREDIENTS.—1 turkey, sausage-meat (1 to 2 lb., according to size of turkey), forcemeat balls, a small head of celery, 1 pint of celery sauce, stock or water, 2 onions, 2 carrots, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt.

METHOD.—Prepare and truss the turkey for boiling, stuff the crop with sausage-meat, wrap the bird in a well-greased paper, and put it into a pan containing as much boiling stock or water as will cover it. When the liquor boils, add the onions, carrots, and turnips cut into large pieces, the bouquet-garni, peppercorns, and salt to taste; put on the cover and cook gently from 1½ to 2½ hours, according to size. Meanwhile, make the forcemeat balls, and fry them in a little hot fat. Cut the celery into neat pieces, and boil in well seasoned stock or water until tender. When

the turkey is sufficiently cooked, remove the trussing skewers and strings, place on a hot dish, pour the sauce over, and garnish with groups of celery, vegetable dice and forcemeat balls. If preferred, Béchamel sauce may be substituted for the celery sauce; in any case the quantity provided should be proportionate to the size of the bird. Boiled ham or tongue usually accompanies boiled turkey.

TIME.—From 2 to 2½ hours. SUFFICIENT for 12 or more persons.

Note.—Turkeys are in season from September to March, but at their best during December and January.

TURKEY CROQUETTES.

See **Chicken Cutlets.**

TURKEY, DEVILLED.

See recipe, p. 203.

TURKEY FRICASSÉE.

See **Chicken Fricassée.**

TURKEY GALANTINE.

See **Fowl Galantine**, and use a boned turkey in place of a fowl.

TURKEY, HASHED.

See recipe, p. 204.

TURKEY, ROAST.

INGREDIENTS.—1 turkey, 1 to 2 lb. of sausage-meat, 1 to 1½ lb. of veal forcemeat, 2 or 3 slices of bacon, 1 pint of good gravy, bread sauce, fat for basting.

METHOD.—Prepare and truss the turkey. Fill the crop with sausage-meat, and put the veal forcemeat inside the body of the bird. Skewer the bacon over the breast, baste well with hot fat, and roast in a moderate oven from 1½ to 2½ hours, according to age and size of the bird. Baste frequently, and about 20 minutes before serving remove the bacon to allow the breast to brown. Remove the trussing strings, serve on a hot dish, and send the gravy and bread sauce to table in sauceboats.

TIME.—From 1½ to 2½ hours. SUFFICIENT for 10 or more persons.

TURKEY, STEWED OR BRAISED.

INGREDIENTS.—1 small turkey, 2 or 3 slices of bacon, 4 oz. of butter or good fat, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, salt and pepper, 1 pint of oyster sauce, stock.

METHOD.—Truss the bird as for roasting; heat the butter or fat in a stewpan, fry the turkey until the whole surface is well browned, then remove it. Put in the vegetables, bouquet-garni, peppercorns, and a good seasoning of salt, and add stock nearly to cover the whole. Replace the turkey, lay the slices of bacon on the breast, cover closely, and cook gently for about 2 hours, or until the turkey is quite tender. If preferred, brown sauce may be substituted for the oyster sauce, in which case the bird might be stuffed as when roasted.

TIME.—About 2 hours. SUFFICIENT for 8 persons.

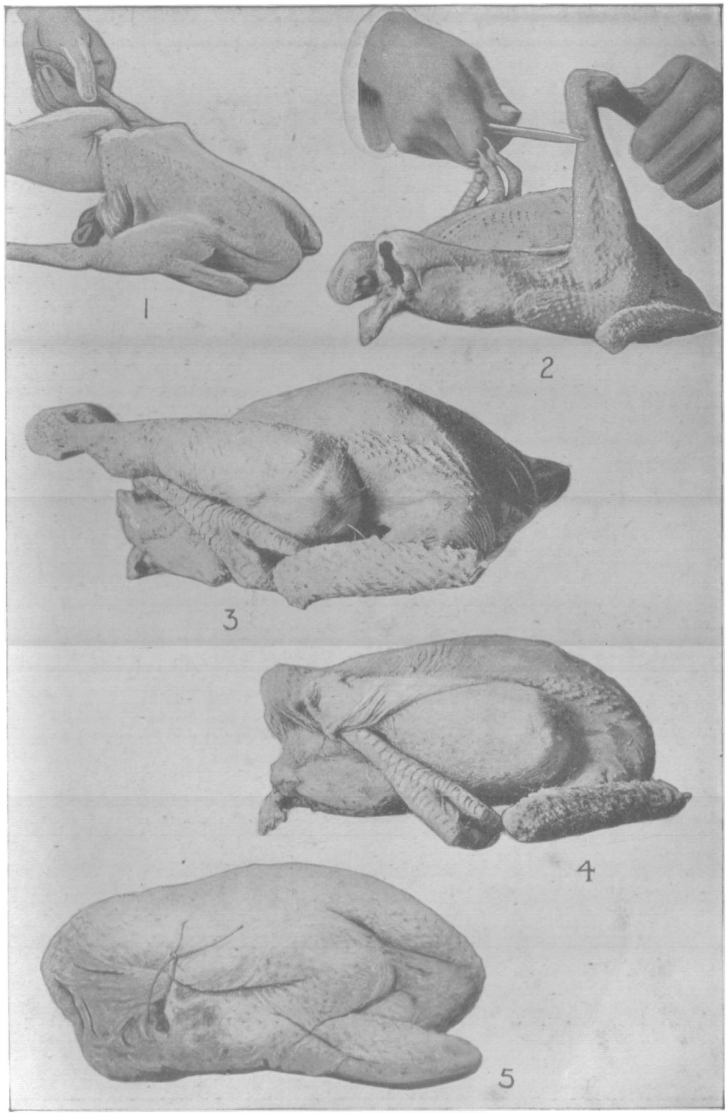
TURKEY POULT, ROAST.

INGREDIENTS.—Turkey poult, fat for basting, gravy.

METHOD.—Truss the bird for roasting, and cover the breast with 2 or 3 folds of greased paper. Roast for about 1 hour in a moderate oven, basting frequently, and serve with good gravy, and, if liked, either fried bacon or boiled ham.

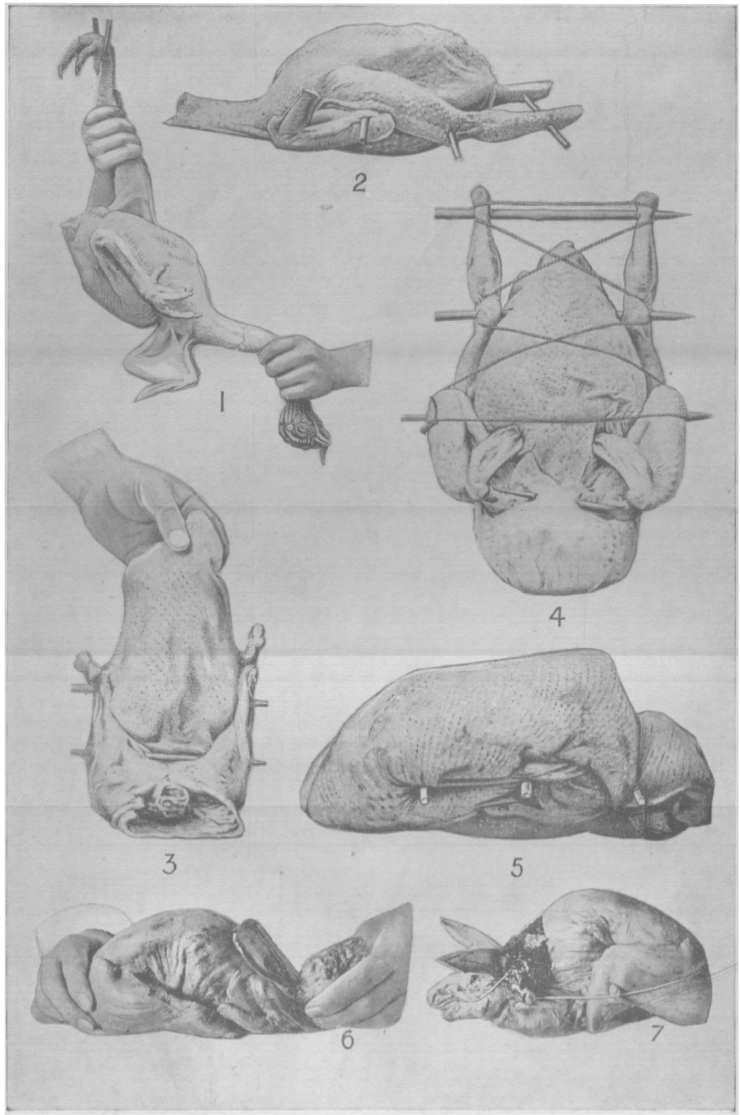
TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

TRUSSING No. 8: FOWL FOR BOILING



See directions on page 173.

TRUSSING No. 4: POULTRY, GOOSE, AND HARE



See directions on pages 173 and 174.

GAME.

See also Chapter on **The Art of "Using-up" Cold Remains.**

Full instructions for the various methods of cooking game will be found on pp. 51–58.

BLACKCOCK, ROAST.

INGREDIENTS.—Blackcock, butter or good dripping, toast, gravy, bread sauce, fried breadcrumbs.

METHOD.—Let the birds hang for a few days, for they will be tough and tasteless if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss as a roast fowl, cutting off the toes, and scalding and peeling the feet. Baste the bird well with hot fat, and roast in a moderate oven from 45 to 60 minutes, according to size, basting frequently during the process. Dish on a slice of buttered toast, and serve the gravy, bread sauce, and breadcrumbs separately.

TIME.—From 45 to 60 minutes. SEASONABLE from the middle of August to the end of November. SUFFICIENT for 3 or 4 persons.

GAME CUTLETS.

See **Chicken Cutlets.**

GAME, GARNISH FOR.

The usual garnish for roast game consists of watercress and crisply-fried potatoes, the latter being usually cut into small thin slices, or julienne strips.

GAME, HASHED.

See **Duck, Salmi of.**

GAME IN ASPIC JELLY.

See recipe, p. 198.

GAME PIE.

See **Pigeon Pie,** p. 182, and **Raised Pie,** p. 189.

GAME, TO KEEP FROM TAINTING.

In cold, frosty weather game may be hung for 2 or 3 weeks in an ordinary larder without becoming tainted, but when the atmosphere is warm and damp, great care should be taken to hang it in a well-ventilated place, preferably where there is a current of air. The feathers are a great protection from flies, but it is advisable to apply a good sprinkling of pepper, which usually serves to keep away these pests.

GROUSE PIE.

See **Pigeon Pie,** p. 182, and **Raised Pie,** p. 189.

GROUSE, ROAST.

INGREDIENTS.—A brace of grouse, 2 slices of toast, butter or good dripping, good brown gravy, bread sauce, fried breadcrumbs, bacon.

METHOD.—Let the birds hang in a cool, dry place for 3 or 4 days. When ready for use, pluck, draw, and truss them in the same manner as roast chicken. Tie over each breast a thin slice of bacon, and roast in a moderate oven for about ½ an hour, basting frequently with hot fat. When nearly done remove the bacon, dredge with flour, and baste well to give the birds a nice brown appearance. Toast the bread lightly, and when the birds are about three-quarters cooked, put it into the dripping-tin to catch the gravy that drops from them. Dish on the toast, and serve the gravy, bread sauce, and bread-crumbs separately.

TIME.—From 40 to 45 minutes. SEASONABLE from Aug. 12 to Dec. 10. SUFFICIENT for 6 persons.

HARE, HASHED.

See recipe, p. 199.

HARE, JUGGED.

INGREDIENTS.—1 hare, 1½ pints of good stock, 1 glass of port wine or claret (optional), 1 tablespoonful of lemon-juice, 1 oz. of butter, 2 oz. of good dripping, 1 oz. of flour, 1 medium-sized onion, 4 cloves, 12 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, veal forcemeat, red-currant jelly.

METHOD.—Prepare the hare as directed in chapter on Trussing, and cut it into pieces about the size of a small egg. Heat the dripping in a frying-pan, fry the pieces of hare brown, then put them into a stew-jar with a little salt, the onion stuck with cloves, ½ of the wine (if used), the lemon-juice, peppercorns, herbs, and the stock previously made hot. Cover the jar closely, and cook in a moderate oven for about 3 hours. When the oven is too hot the jar should be placed in a baking-tin surrounded by boiling water, or, when more convenient, the jar may stand in a saucepan of boiling water on the stove. ABOUT ½ an hour before serving knead the butter and the flour together, stir into the stock, add the rest of the wine (if used), and seasoning if necessary. Make the forcemeat as directed, shape it into small balls, fry in hot fat, and drain well. Pile the pieces of hare on a hot dish, strain the gravy over, arrange the forcemeat balls round the base, and serve the red-currant jelly separately.

TIME.—To cook, about 3 hours. SEASONABLE from September to March. SUFFICIENT for 5 or 6 persons.

HARE, ROAST.

INGREDIENTS.—1 hare, bacon, veal forcement, ½ pint of stock, 1 glass of port (optional), 2 oz. of butter, 1½ oz. of flour, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of finely-chopped parsley, a good pinch of thyme, salt and pepper, red-currant jelly, milk for basting.

METHOD.—Choose a young hare, which may be known by its smooth and sharp claws, and the narrow cleft in the lip. To be eaten in perfection it should hang about 8 days. When ready for use, skin, draw and truss according to directions given in chapter on Trussing. Forcemeat is a matter of taste; if used, it should be pressed lightly inside the hare and the body sewn up with a needle and strong cotton before trussing. Carefully truss, then brush the hare all over with warm fat, cover the back with slices of fat bacon, and tie it down with string in 3 or 4 places. Roast the hare in a moderate oven from 1½ to 2 hours, basting it very frequently with milk, to which may be added, when economy is not an object, 1 or 2 oz. of butter. Meanwhile, remove the gall-bladder carefully from the liver, put the liver into cold water, bring to the boil, cook for about 5 minutes, then drain and chop finely. Melt

the butter in a small stewpan, add the liver, onion, parsley, and thyme, fry for about 10 minutes, then drain, and return the butter to the stewpan. If available, pound the liver, etc., in a mortar until smooth, and rub through a fine wire sieve. Reheat the butter, stir in the flour, and cook over the fire until a nut-brown roux is obtained, then add the stock (if none is at hand, substitute the milk for basting), stir until it boils, then add the liver preparation, season to taste, simmer for about 10 minutes, and just before serving put in the wine (if used). When the hare is rather more than three-parts cooked remove the bacon to allow the back to brown, dredging lightly with flour, and basting frequently during the process. Remove the trussing strings, dish up on a hot dish, and serve with the liver, sauce and red-currant jelly separately.

TIME.—To roast, from 1½ to 2 hours. SEASONABLE from September to March. SUFFICIENT for 5 or 6 persons.

LEVERET, ROAST.

See **Hare, Roast.**

ORTOLANS, ROAST.

See **Snipe, Roast, and Quail, Roast.**

PARTRIDGE, ROAST.

INGREDIENTS.—Partridge, brown gravy, bread sauce, fried breadcrumbs, slice of toast, butter or good fat for basting, 1 slice of bacon.

METHOD.—Pluck, draw, and truss in the same manner as a roast chicken. Cover the breast with a slice of fat bacon, and roast in a moderate oven for about 30 minutes, basting frequently with hot fat. A few minutes before serving remove the bacon, dredge lightly with flour, and baste well to give the bird a nice pale brown appearance. Dish on the toast, and serve the gravy, breadcrumbs, and bread sauce separately.

TIME.—To roast, about 30 minutes. SEASONABLE from September 1 to February 12. SUFFICIENT for 5 or 6 persons.

PHEASANT CROQUETTES.

See **Chicken Cutlets.**

PHEASANT, ROAST.

INGREDIENTS.—1 pheasant, ½ lb. of beefsteak, fried breadcrumbs, bacon, brown gravy, bread sauce, watercress, salad-oil, salt and pepper, larding bacon, flour.

METHOD.—Pluck and draw the bird, truss in the same way as a roast chicken, but leave the head on. Put the beefsteak inside the pheasant; the beefsteak is intended to improve the flavour of the bird and keep it moist, and not to be eaten with it, but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with thin slices of bacon, or lard it with strips of fat bacon, and roast in a moderate oven from 40 to 50 minutes, according to size and age. Baste frequently with hot fat, and when the cooking is about three-quarters completed remove the bacon, dredge the breast slightly with flour, and baste well to give the bird a nice light brown appearance. Remove the trussing strings, serve on a hot dish, garnished with watercress previously well washed, dried, and seasoned with salt, pepper, and salad-oil, and send the gravy, bread sauce, and fried breadcrumbs to table separately.

TIME.—From 40 to 50 minutes. SEASONABLE from October 1 to February 12. SUFFICIENT for 6 or 7 persons.

PLOVERS, ROAST.

See **Snipe, Roast.**

POTTED GAME.

See recipe, p. 198.

PTARMIGANS, ROAST.

See **Partridge, Roast.**

QUAILS, ROAST.

INGREDIENTS.—Quails, as many vine-leaves, small slices of fat bacon, and square croûtons of buttered toast as there are birds, good brown gravy, fried breadcrumbs, watercress, butter or fat.

METHOD.—Pluck the birds, remove the head, neck, and crop, but leave the trail. Truss the birds for roasting, brush them over with warm fat, cover each breast with a vine-leaf, and tie a piece of bacon over the leaf. Attach them to a long steel skewer, running it through the body of each bird, and either roast or bake for about 15 minutes, basting frequently with hot fat. When cooked, remove the skewers and strings, but the bacon and vine-leaves may be served or not as preferred. If not removed, the bacon should be brushed over with warm glaze. Serve the birds on the toast, which should previously be put into the dripping-tin to catch the trail as it drops from the birds, garnish with watercress, and send the gravy and breadcrumbs to table in sauceboats.

TIME.—About 15 minutes. SEASONABLE from September to February. SUFFICIENT, allow 1 to each person.

RABBIT, BOILED.

INGREDIENTS.—1 rabbit, 1 onion, 1 carrot, ½ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, onion sauce, boiled or fried bacon.

METHOD.—Wash and truss the rabbit, put it into boiling water; when the water re-boils add the vegetables cut into large pieces, the bouquet-garni, peppercorns, and a teaspoonful of salt. Cook gently for about 1 hour, according to the age and size of the rabbit. Remove the skewers, serve on a hot dish, coat with onion sauce, and send the remainder to table in a sauceboat. Serve the bacon on a separate dish, unless small rolls are preferred, when they may be used as garnish. The liquor in which the rabbit is cooked may be served separately as broth, or converted into a white soup.

TIME.—From 45 to 60 minutes. SUFFICIENT, 1 large rabbit for 4 persons.

Note.—Rabbits are seasonable from September to March.

RABBIT, BROWN STEW.

See **Fowl Ragoût.**

RABBIT, CURRIED.

See **Chicken, Curried.**

RABBIT FRICASSÉE.

INGREDIENTS.—1 young rabbit, 2 oz. of butter, 1½ oz. of flour, white stock, ½ pint of milk, 2 onions sliced, 1 carrot sliced, ½ a small turnip sliced, 1 or 2 strips of celery shredded, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 6 white peppercorns, salt and pepper.

METHOD.—Cut the rabbit into neat joints, and after rinsing in warm water, place them in a stewpan, and add just sufficient white stock to cover. Bring to boiling-point, add the prepared vegetables, peppercorns, and a little salt, cover closely, and cook gently for about 1½ hours, or until the rabbit is tender, adding a little milk from time to time to replace the stock. Meanwhile, melt the butter, add the flour, stir and cook gently without browning, and put aside until wanted. When ready, take up the rabbit and keep it hot, strain and add ½ pint of the stock to the blended flour and butter, stir until boiling, and simmer gently for about 10 minutes. Pass the vegetables through a fine sieve, and stir the purée into the sauce. Season to taste, replace the rabbit, make thoroughly hot, then serve.

TIME.—About 1½ hours. SUFFICIENT for 3 or 4 persons.

RABBIT PIE.

INGREDIENTS.—1 rabbit, ½ lb. of bacon or pickled pork, ½ lb. of beefsteak, ½ pint of stock, salt and pepper, short-crust or puff-paste.

METHOD.—Wash the rabbit, divide it into small joints, cut the beef into small thin slices, and the pork into dice. Place these ingredients in layers, in a pie-dish season each layer liberally with salt and pepper, and three-quarters fill the dish with stock. Cover with paste (*see* Veal and Ham Pie), bake from 1¼ to 2 hours in a brisk oven until the paste has risen and set, and afterwards more slowly. Before serving, add the remainder of the hot stock to the pie. When the pie is intended to be eaten cold, forcemeat balls and hard-boiled eggs will be found an improvement, and the appearance may be improved by brushing over with yolk of egg when three-parts baked.

TIME.—To bake, from 1¼ to 2 hours. SUFFICIENT for 6 persons.

RAISED PIE.

INGREDIENTS.—Game of any kind, equal quantities of finely-chopped veal and pork, veal forcemeat, paste (*see* Veal and Ham Pie), chopped truffle, stock that will jelly when cold, egg, salt and pepper.

METHOD.—Mix the veal and ham together, season liberally with salt and pepper, and add 1 or 2 tablespoonfuls of chopped truffle. Divide the birds into neat joints, and remove all bones except those which are deeply embedded in the flesh and difficult to detach. Make and mould the paste and line the bottom and sides with veal forcemeat. Put in the prepared game, season each layer with salt and pepper, and intersperse small pieces of the meat farce, taking care to leave spaces to be afterwards filled with stock. Pile the game high in the centre, cover with a thin layer of veal farce, put on the cover, then follow the directions given for Veal and Ham Pie.

ROOK PIE.

See Pigeon Pie.

SNIPE, ROAST.

INGREDIENTS. — Snipe, toast bacon, good gravy, watercress butter or good fat for basting.

METHOD.—These birds, like the ortolan, plover and woodcock are dressed without being drawn. They are trussed in the same way as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body instead of a skewer. Brush them over with warm fat, tie a thin slice of fat bacon over each breast, and put the toast under them to catch the drippings from the trail, baste frequently and roast for about 15 minutes, or less if preferred very much underdone. Dish on the toast, garnish with watercress, and serve the gravy in a sauceboat.

TIME.—About 15 minutes. SEASONABLE from November to February. SUFFICIENT, allow 1 to every 2 persons.

TEAL, ROAST.

INGREDIENTS.—Teal, butter or good fat, brown gravy, orange savoury sauce, watercress, lemons.

METHOD.—Pluck, draw, and truss the teal for roasting. Brush them over with hot fat, and roast in a moderate oven for about 30 minutes, basting frequently. Serve on a hot dish, garnish with watercress and quarters of lemon, and serve the sauce separately.

TIME.—About 30 minutes. SEASONABLE from October to March. SUFFICIENT, allow 1 small or ½ a large one to each person.

VENISON, HAUNCH OF, ROAST.

INGREDIENTS. — A haunch of venison, flour, brown sauce or brown gravy, red-currant jelly.

METHOD.—The haunch is the prime part of venison, and its excellence depends greatly on the

relative proportions of fat and lean. An abundance of clear, creamy-white fat of close texture may be generally accepted as an indication of the good quality of the meat. In cold weather, venison should be allowed to hang for about 14 days in a cool, dry place, but it must be carefully examined every day. The meat round the haunch bone first becomes tainted; it is therefore advisable to run a small sharp knife into the flesh; on being withdrawn, if it has an unpleasant smell, the affected parts must at once be washed with warm milk and water, dried thoroughly, and covered thickly with ground ginger and pepper, which must, however, be washed off before cooking. If a little of these condiments be sprinkled on the venison in the first instance, and the meat wiped dry every day, decomposition may be considerably retarded. When ready for use, saw off the knuckle-bone, rub well all over with clarified fat or dripping, and enfold in a well-greased paper. Make a stiff paste of common flour and water, put it over the joint, cover with another well-greased paper, and tie securely with string. Roast in a moderate oven from 3 to 4 hours, according to size, and baste frequently. Within ½ an hour of serving, remove the paper and paste, dredge lightly with flour, and baste well until the joint acquires a good brown colour. Serve as hot as possible, as the fat quickly cools and hardens, and send the brown sauce or gravy and the red-currant jelly to table separately. The best end of the neck of venison, boned and rolled, makes an excellent dish, but other parts are not often roasted, the neck and shoulder being considered better adapted for stews, pies, etc.

TIME.—Allow roughly 25 minutes to every lb. SEASONABLE, from June to January. SUFFICIENT for 12 or more persons.

WIDGEON, ROAST.

See **Teal, Roast.**

WILD DUCK, ROAST.

INGREDIENTS.—1 wild duck, ½ a pint of good gravy, ½ a pint of port wine sauce, flour, fat, lemons.

METHOD.—Truss the bird for roasting, and if the fishy taste is disliked, cover a deep baking-tin to the depth of ½ an inch with boiling water, add a tablespoonful of salt, put in the bird, and bake it for about 10 minutes, basting very frequently with the salt and water. Then drain, sprinkle lightly with flour, baste well with hot fat, and roast in a moderately hot oven for about 20 minutes, basting frequently. These birds should always be served rather under-done otherwise they lose their flavour. An orange salad frequently accompanies this dish. To make this salad the oranges should be cut across into thin slices, the pips, every particle of skin and pith removed, and the fruit arranged in layers in a dish, each layer being sprinkled with a little castor sugar, salad-oil and, if liked, a little brandy.

TIME.—About 30 minutes. SEASONABLE from August 1 to March 15. SUFFICIENT for 3 or 4 persons.

WILD DUCK SALMI.

INGREDIENTS.—The remains of cold roast wild ducks, 1 pint of stock made from the bones and trimmings of game, 1 glass of port wine or claret (optional), 1½ oz. of butter, 1 oz. of flour, 1 teaspoonful each of orange-juice and lemon-juice, a few thin strips of fresh orange-rind, 1 small onion, 2 or 3 sprigs of thyme, 1 bay-leaf, salt and pepper, cayenne.

METHOD. — Follow directions given in "Duck Salmi," p. 180.

WILD GEESE.

See recipes for **Wild Duck.**

WOODCOCK, ROAST.

See **Snipe, Roast.**

THE ART OF "USING-UP."

DAINTY DISHES WHICH MAY BE MADE WITH REMAINS OF COLD MEAT, POULTRY, GAME, FISH, ETC.

Note.—See also section on TINNED FOODS.

GREAT care should be taken that nothing which might, by proper management, be turned to good account, is thrown away, or suffered to be wasted in the kitchen.

Most cooks like to work only with fresh materials, a practice which must be carefully guarded against.

Meat.—There are many ways of cutting up the remains of cold meat, and the manner in which this should be done depends entirely upon the nature of the dish to be made. Do not cut the meat into even slices, rather divide it into fancy shapes such as cutlets or fingers; it is thus more easily disguised, and the dish will be much more pleasing in appearance. Sometimes the slices must be thick, sometimes thin, and when curry is to be made the meat should be cut into dice.

All the smaller scraps of meat, now left on the bones, must be carefully pared off and used up as mince.

Bone, skin and gristle now alone remain, these should be chopped up very fine, well seasoned, covered with cold water and simmered down for stock.

Reheat and serve the meat with suitable borders and garnishes in accordance with the instructions given in the various recipes. If the borders and garnishes are carefully prepared and arranged, these uninteresting scraps of cold meat may be converted into most appetizing dishes.

The cook should remember that in using up meat that has already been cooked, only steady, moderate heat is required; if too quickly cooked the meat will be rendered hard and tasteless.

Bones.—The shank bones of mutton, so little esteemed in general, give richness to soups and gravies, if well soaked and bruised before they are added to the boiling liquor. Roast beef bones, or shank bones of ham, make excellent stock for soup. (*See* STOCKS AND SOUPS.)

Neither sauces thickened with flour nor cooked vegetables should be added to the stock-pot.

Crusts may be dried in the oven and used for crumbing. Sippets for soup can be made by baking stale bread in the oven, and there are numerous puddings which have bread and breadcrumbs as ingredients.

Eggs.—When the whites of eggs are used for jelly, confectionery, or other purposes, a pudding or a custard should also be made, that the yolks may be used

Vegetables.—Cold vegetables may be used to garnish certain entrées; they may be employed in salads, in soups, and also in *hors d'œuvres.*

RECIPES FOR USING-UP COLD MEAT, POULTRY, FISH, ETC.

BEEF, BAKED.

INGREDIENTS.—2 lb. of cold roast beef, about 2 lb. of mashed potatoes, 2 small onions, 2 small carrots, 1 teaspoonful of powdered mixed herbs, salt and pepper, 1 pint of gravy.

METHOD.—Remove the bones and the brown outside parts of the meat, simmer them slowly for at least 2 hours, strain, season, and use as gravy. Cut the meat into thin small slices, cook the vegetables and cut them into very thin slices. Spread a thin layer of mashed potato on the bottom of a pie-dish, on the top place a few slices of meat, add a little carrot and onion, sprinkle on some of the herbs, and season well with salt and pepper. Repeat until the dish is full, pour in as much gravy as the dish will hold, cover with the mashed potato, and bake in a moderate oven until the surface is well browned. The potato should be smoothed, and shaped by means of a knife to resemble as nearly as possible a paste crust; and the appearance may be further improved by brushing over the top with beaten egg, or a little milk. Serve the remainder of the gravy separately.

TIME.—To bake, about ½ of an hour. SUFFICIENT for about 4 or 5 persons.

BEEF CAKE.

INGREDIENTS.—1 lb. of cold roast beef, 4 oz. of breadcrumbs, 1 small onion chopped finely, 2 oz. of cooked ham or bacon, 1 teaspoonful chopped parsley, pepper and salt, 1 egg, 1 gill of stock, about 2 oz. of bread raspings, 1 oz. of good dripping.

METHOD.—Grease a plain mould or shallow cake tin, put in the raspings, and turn the mould round until quite covered with the raspings. Melt the dripping, fry the onion until slightly brown, mince the beef and bacon finely, and then mix all the ingredients together, using more stock if the mixture is very dry. Then turn into the prepared mould, press carefully into shape, cover with a greased paper, and bake in a moderate oven for about 45 minutes. Turn out carefully, and pour a little brown sauce round.

TIME.—To bake, about 45 minutes. SUFFICIENT for 3 or 4 persons.

BEEF CROQUETTES.

See **Beef Rissoles.**

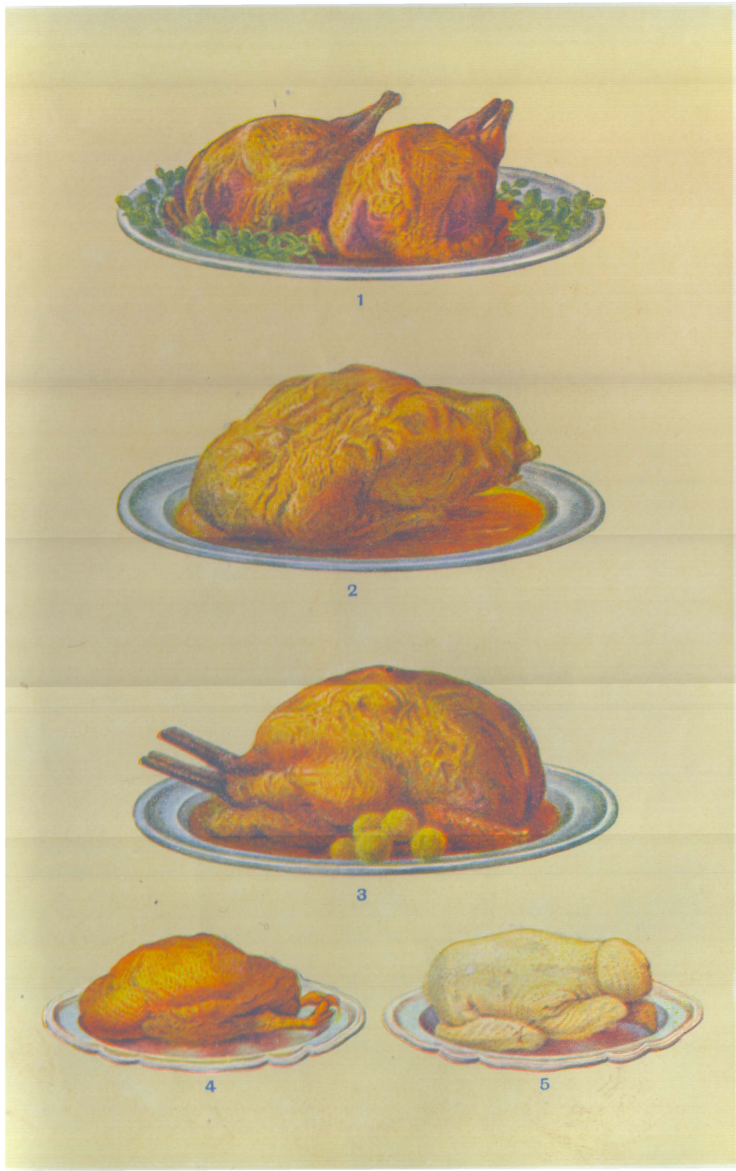
BEEF FRITTERS.

INGREDIENTS.—¼ lb. of cold roast beef, 4 oz. of flour, 2 tablespoonfuls of oiled butter, ¼ pint of tepid water, the white of 1 egg, ½ a teaspoonful of powdered mixed herbs, the rind of ½ a lemon, a good pinch of nutmeg, salt and pepper, frying-fat.

METHOD.—Chop the meat finely. Mix the flour, tepid water, and melted butter into a smooth batter, add to it the meat, herbs, lemon-rind, nutmeg, salt and pepper to taste, and lastly the stiffly-whisked white of egg. Have ready a deep pan of hot fat, drop in the mixture in tablespoonfuls, and fry until golden-brown. Drain well, dish in a pyramidal form on a folded napkin, or dish-paper, and garnish with fried parsley. The mixture may be varied by the addition of a teaspoonful of powdered sage, and a tablespoonful of parboiled and finely-chopped onion, instead of lemon-rind and nutmeg.

TIME.—About 1 hour altogether to prepare and cook. SUFFICIENT for 4 or 5 persons.

POULTRY.



1 – Roast Fowls. 2 – Roast Goose. 3 – Roast Turkey, with Savoury Balls.
4 – Roast Duck. 5—Boiled Fowl.

BEEF, HASHED.

See also "**Beef, Minced.**"

INGREDIENTS.—1 lb. of cold roast beef cut into slices, 1 onion sliced, 2 oz. of streaky bacon, 1 oz. of butter or good dripping, ½ pint of Spanish and tomato sauces in equal proportions.

METHOD.—Melt the butter or dripping, add the bacon cut into dice, then the onions, and fry a light brown. Now lay in the slices of meat, pour the sauces over, and cook slowly for about ½ an hour, without boiling. Dish up neatly with croûtes of bread fried in fat as garnish, or sippets of toast.

TIME.—About ½ of an hour. SUFFICIENT for 3 or 4 persons.

BEEF, MINCED.

INGREDIENTS.—1 lb. of cold roast beef, 1½ oz. of flour, 1½ oz. butter, 1 onion coarsely chopped, 1 small carrot, ½ of a small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns.

METHOD.—Remove the bones, and the brown outside parts of the meat, put them into a stewpan with the herbs, peppercorns, and vegetables, cook them slowly for about 2 hours, then strain. Have ready the brown roux (or thickening), made by frying together the flour and butter until brown, add to it the hot stock, stir until it boils, then season to taste, and boil gently for about 20 minutes. Chop the meat finely, or cut it into very small dice, put it into the sauce, cover closely, draw the stewpan to the side of the stove, and let it remain for about ½ an hour in order that the flavour of the sauce may be imparted to the meat. Before serving, the mince may be flavoured with mushroom ketchup, walnut liquor, or other sauce, but these additions must be determined by individual taste. The mince may be garnished with fried potatoes, croûtons of fried or toasted bread, or poached eggs; if served as a luncheon dish, it may be served in a border of mashed potato.

TIME.—About 1 hour, after the stock is made. SUFFICIENT for 3 or 4 persons.

BEEF PUDDING, FROM ROAST BEEF.

INGREDIENTS.—½ lb. of cold roast beef finely chopped, 3 oz. of flour, 1 egg, ½ pint of milk, ½ a teaspoonful of powdered mixed herbs, salt and pepper, dripping.

METHOD.—Make the batter as directed for frying batter, season it with salt and pepper, and add the herbs and meat. Melt a little dripping in a pie-dish or deep baking-tin, put in the preparation, bake until set and nicely browned.

TIME.—To bake, about 40 minutes. SUFFICIENT for 3 persons.

BEEF RISSOLES OR CROQUETTES.

INGREDIENTS.—4 oz. of lean cooked beef, ½ pint of gravy or stock, ½ oz. of butter or good fat, ½ oz. of flour, ½ a teaspoonful of finely-chopped parsley, a pinch of nutmeg, salt and pepper, 4 oz. of paste, 1 egg, 1 onion, vermicelli or breadcrumbs, frying-fat.

METHOD.—Chop the meat very finely. Heat the butter or fat in a small stewpan, fry the onion slightly, stir in the flour, add the stock, and boil well. Now add the meat, parsley, and nutmeg, season to taste, and when well mixed turn on a plate to cool. Roll the paste out to the thickness of foolscap paper, cut it into rounds of 1½ or 2 inches diameter, place a little of the meat mixture on one half, moisten the edges of the paste, fold the other half over, making the rissoles half-moon or crescent shape, and press the edges of the paste together. Brush them over with beaten egg, roll them in crushed vermicelli or breadcrumbs, and fry in hot fat.

TIME.—From 40 to 50 minutes. SUFFICIENT for 1 dish.

BEEF, STEWED.

INGREDIENTS.—1½ lb. of cold roast beef (preferably underdone), 2 oz. of butter or clarified dripping, 1½ oz. of flour, 2 onions coarsely chopped, 1 carrot cut into dice, ½ a turnip cut into dice, 1 pint of stock made from bones and trimmings, salt and pepper.

METHOD.—Cut the meat into neat slices, put them aside, and boil the bones and trimmings at least 2 hours for stock. Melt the butter or fat in a stewpan, add the onion and trimmings of carrot and turnip, fry until lightly browned, then sprinkle in the flour. Stir and cook slowly until well browned, put in the stock, season to taste, and stir until boiling. Boil gently for about 15 minutes, then cool slightly, put in the meat, cover closely, and cook very gently for about 1½ hours, taking care to keep the temperature just below simmering-point. Place the slices of meat on a hot dish, strain the sauce over, and garnish with the vegetable dice cooked separately. A tablespoonful of mushroom ketchup, sharp sauce, or vinegar, may be used to give additional flavour to the sauce.

TIME.—To stew, about 1½ hours. SUFFICIENT for 3 or 4 persons.

BUBBLE AND SQUEAK.

INGREDIENTS.—Thin slices of cold roast or boiled beef, cold mashed potatoes, cold greens, 1 onion shredded, butter or dripping, salt and pepper, vinegar if liked.

METHOD.—Melt a little butter or fat in a frying-pan, put in the meat, fry quickly until lightly browned on both sides, then remove and keep hot. Put in the onion, fry until brown, add the potatoes and greens, and season to taste. Stir until thoroughly hot, then add a little vinegar, if liked, and turn on to a hot dish. Place the slices of meat on the top, and serve.

TIME.—About 20 minutes. SUFFICIENT, allow 1 lb. of meat for 3 or 4 persons.

CHICKEN CROQUETTES.

See **Chicken Cutlets.**

CHICKEN CUTLETS.

INGREDIENTS.—½ lb. of cold chicken, ¼ pint of white sauce, 1 oz. of butter, ½ oz. of flour, 1 egg, ½ a shallot finely chopped, salt and pepper, nutmeg, egg and bread-crumbs, frying-fat.

METHOD.—Chop the chicken finely. Fry the shallot and flour in the butter without browning, add the stock, and boil well. Put in the chicken, add nutmeg, salt and pepper to taste, stir over the fire until thoroughly hot, then add the egg, and cook the ingredients for a few minutes longer. Cool the mixture; when firm, shape into cutlets, egg and crumb them, and fry in deep fat. Drain well, arrange them in a close circle on a dish-paper, garnish with fried parsley, and serve hot. 2 to 3 oz. of lean ham finely chopped may be added to the chicken if liked. For croquettes, the mixture must be shaped like a cork.

TIME.—About 1 hour. SUFFICIENT for about 7 persons.

CHICKEN MAYONNAISE.

INGREDIENTS.—1 cold boiled chicken or fowl, ½ pint of Mayonnaise sauce, ¼ pint of aspic jelly, truffle, chervil, dressed salad, endive and cucumber for garnish.

METHOD.—Cut up the chicken into small joints, remove all the skin and ends of bones, and shape the pieces as neatly as possible. Dissolve the aspic jelly; when cool enough add it to the Mayonnaise sauce and mask the chicken To facilitate the masking process place the pieces of chicken on a wire tray and pour over the sauce carefully by means of a tablespoon. When the sauce is set, decorate tastefully with truffle and chervil, and mask with a thin layer of liquid aspic. Arrange neatly on a dish on a bed of dressed salad, and garnish the side of the dish

with sprigs of endive, slices of cucumber, and blocks or pieces of aspic jelly.

TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

CHICKEN, MINCED.

See **Veal, Minced.**

Substitute poached eggs for the forcemeat balls.

CHICKEN PATTIES.

INGREDIENTS.—4 to 6 oz. of cold boiled chicken, 2 oz. of cooked ham, 6 button mushrooms, 1 truffle, 1 teaspoonful of lemon-juice, salt and pepper, ¼ pint of Béchamel sauce, puff-paste, parsley.

METHOD.—Chop the chicken and ham not too finely, cut the mushrooms and truffle into small dice, and mix all together. Stamp out 9 or 10 patty cases from the puff-paste, and mark the centres with a smaller cutter to form the lids (*see* Oyster Patties). Bake in a quick oven, then scoop out the soft inside, take care of the lids, and keep the cases hot until required. Have the Béchamel sauce ready in a stewpan, add to it the chicken preparation, season with salt and pepper, put in the lemon-juice, and stir the mixture over the fire until thoroughly hot. Fill the cases, put on the lids, and serve garnished with tufts of fresh or fried parsley.

TIME.—To bake, about 25 minutes. SUFFICIENT for 8 or 9 patties.

CHICKEN SALAD.

INGREDIENTS.—Cold chicken (roast or boiled), cut into small joints, or pieces if boned; to 4 tablespoonfuls allow 2 tablespoonfuls of finely-shredded celery, 1 tablespoonful of finely-shredded white of hard-boiled egg, 4 tablespoonfuls of Mayonnaise sauce, 1 dessertspoonful of salad-oil, 1 dessertspoonful of vinegar, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper. For garnishing: pickled gherkins, capers, fillets of anchovy, stoned French olives, lettuce.

METHOD.—Mix the prepared chicken, celery, and white of egg together in a bowl, stir in the salad-oil and vinegar, season with salt and pepper, and let the mixture stand for about 1 hour. When ready to serve, stir in the Mayonnaise sauce, range the salad in a dish on a bed of crisp lettuce, garnish the surface with the gherkins, capers, anchovies, olives, and, if liked, the yolks of eggs previously rubbed through a fine sieve.

TIME.—About 1½ hours. SUFFICIENT for 5 persons.

COD, HASHED.

INGREDIENTS.—2 lb. of cooked cod, 1½ oz. of butter, 1½ oz. of flour, 1 pint of milk, ½ pint of picked shrimps, pepper and salt, mashed potatoes, chopped parsley.

METHOD.—Blend the butter and flour in a stewpan, and fry for a few minutes without allowing them to colour. Add the milk and stir until boiling. Put in the cod, flaked into small pieces, and the shrimps. Cook these together until thoroughly hot, and season carefully. Make a deep border of mashed potatoes on a hot dish. Pour the hash in the centre, and sprinkle a little chopped parsley over the top.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

COD PIE.

INGREDIENTS.—1½ lb. of cold cod, 1 dozen oysters (tinned may be used), ½ pint of melted butter sauce, ½ lb. of short-paste, or mashed potatoes, salt and pepper, nutmeg.

METHOD.—Take off the beards of the oysters, simmer them for a few minutes in a little water, then strain and mix with the oyster liquor (from fresh oysters). Cut the oysters into 2 or 4 pieces, according to size; divide the fish into large flakes, put half of it into the dish, lay the oysters on the top, season with salt and pepper, grate on a little nutmeg, add the melted

butter sauce, and cover with the rest of the fish. Make the short-crust paste according to directions given for short-crust paste. Or, when a potato covering is preferred, season the potato with salt and pepper, and warm and stir in a saucepan, with a small piece of butter, and 2 or 3 tablespoonfuls of milk. Bake about ½ an hour in a moderate oven.

TIME.—From 1 to 1½ hours. SUFFICIENT for 5 or 6 persons.

CROQUETTES.

See **Beef, Chicken, Ham and Rice, Turkey, and Veal Croquettes.**

DUCK, HASHED.

INGREDIENTS.—1 cold roast duck, 1 pint of stock, 1 oz. of butter, 1 oz. of flour, 1 orange, 1 onion, a glass of claret (optional), salt and pepper.

METHOD.—Divide the duck into pieces suitable for serving. Chop the onion finely, fry it in the butter, add the flour, stir over the fire until brown, then pour in the stock, stir until it boils, and simmer for about 10 minutes. Cut the orange-rind into very thin strips, add them with the juice of the orange, the wine (if used), and the duck to the sauce, season with salt and pepper, and simmer very gently for about ½ an hour.

TIME.—About 1 hour. SUFFICIENT for 4 persons.

DUCK SALMI.

See recipe, p. 180.

DUCK, STEWED WITH GREEN PEAS.

See recipe, p. 180.

FISH AND OYSTER PIE.

INGREDIENTS.—1 lb. of any cold fish, such as cod or haddock, 1 dozen oysters, pepper and salt to taste, breadcrumbs or puff-paste, sufficient for the quantity of fish, ½ a teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley, melted butter or white sauce.

METHOD.—Clear the fish from the bones, put a layer of it in a pie-dish, add a few oysters, with nutmeg and chopped parsley. Repeat this till the dish is quite full. Pour in some melted butter, or a little thin white sauce, and the oyster liquor. A covering may be formed either of breadcrumbs, which should be browned, or puff-paste, which should be cut into long strips, and laid in cross-bars over the fish with a line of paste first laid round the edge. Bake in a moderate oven.

TIME.—About ½ of an hour. SUFFICIENT for 6 persons.

FISH CAKES.

INGREDIENTS.—The remains of any cold fish; to each ½ lb. allow ½ lb. of mashed potatoes, ½ oz. of butter or good fat, 1 egg, breadcrumbs, milk, salt and pepper.

METHOD.—Heat the butter or fat in a saucepan, add the fish (coarsely chopped), potatoes, half the yolk of egg, salt, pepper, and sufficient milk to moisten thoroughly. Stir the ingredients over the fire for a few minutes, then turn on to a plate. When cold, shape into round, flat cakes, brush them over with egg, cover with breadcrumbs, and fry in hot fat. The fish may be made into one large cake instead of several small ones, in which case grease a flat tin, and shape the mixture as much like a fish as possible. Brush with egg, cover with slightly browned crumbs, and bake for about 20 minutes in a fairly hot oven.

This dish may be varied by the addition of forcemeat, made of 1 tablespoonful of finely-chopped suet, 1 tablespoonful of breadcrumbs, ½ teaspoonful of finely-chopped parsley, salt, pepper-grated lemon-rind, or other flavour, ing, and moistened with egg or milk. Or the forcemeat may

be made of 1 dessertspoonful of picked and coarsely-chopped shrimps, breadcrumbs, ½ a teaspoonful of anchovy essence, 1 dessertspoonful of melted butter, salt, pepper, cayenne, and a little milk. When using forcemeat, spread one-half of the fish-cake mixture on the tin in the form of a sole, spread the forcemeat in the centre, leaving bare a narrow margin at the sides, cover with the remainder of the mixture, brush over with egg, sprinkle with browned breadcrumbs, and bake in a moderate oven for about 40 minutes.

TIME.—About 1 hour. SUFFICIENT, allow ½ lb. fish, etc., for 3 or 4 persons.

FISH PIE.

INGREDIENTS.—½ lb. of cooked cod or other white fish, 2 oz. of finely-chopped suet, 2 tablespoonfuls of mashed potato, 1 tablespoonful of white breadcrumbs, 1 egg, ½ pint of milk (about), browned breadcrumbs, butter or good dripping, salt and pepper.

METHOD.—Free the fish from skin and bone, and chop it coarsely, add the suet, potato, white breadcrumbs, and a good seasoning of salt and pepper. Now stir in the egg with as much milk as will form the whole into a stiff batter, and turn the mixture into a well-greased baking-dish suitable for sending to table. Cover the surface lightly with brown breadcrumbs, and put small bits of butter or dripping here and there, and bake in a moderate oven for about 1 hour, or until the mixture is set. Serve hot in the dish in which it is cooked, or if prepared overnight reheat at the time of serving.

TIME.—To bake, about 1 hour. SUFFICIENT for 3 or 4 persons.

FISH PUDDING.

INGREDIENTS.—1 lb. of any kind of white fish, 4 oz. of finely-chopped suet, 2 oz. of breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ pint of milk, or stock made from fish bones, 2 eggs, a few drops of anchovy essence, salt and pepper.

METHOD.—Free the fish from skin and bones, and pound it well with the suet (when making it without the aid of a mortar, chop the fish finely, and rub it through a fine sieve); add the breadcrumbs, parsley, salt, pepper, anchovy essence, and mix well; beat the eggs slightly, add the milk or fish stock and stir into the mixture. Have ready a well-greased plain mould or basin, put in the mixture, cover with a greased paper, and steam gently for nearly 1½ hours. Serve with anchovy, egg, or melted butter sauce.

TIME.—Altogether about 2 hours. SUFFICIENT for 4 or 5 persons.

FISH SALAD.

INGREDIENTS.—1 lb. of cooked fish, celery, lettuce, Mayonnaise sauce, hard-boiled egg, salt, pepper.

METHOD.—Skin, bone, and shred some cold fish (almost any kind of white fish or salmon will do), put this in a large mixing bowl, add to it ½ its quantity of lettuce washed and shredded, also an equal quantity of white cleaned celery. Cut the celery into shreds or strips, mix all carefully, adding salt and pepper to taste. Arrange neatly in a salad-bowl, and pour over some Mayonnaise dressing. Garnish tastefully with hard-boiled egg cut into slices. When celery is not obtainable, use shredded chicory, endive, or sliced tomatoes.

TIME.—About 20 minutes. SUFFICIENT for 5 or 6 persons.

FISH SCALLOPED.

INGREDIENTS.—The remains of cold fish of any kind, to each ½ lb. of which allow 1½ oz. of butter, 2 oz. of flour, ½ pint of milk, 1 teaspoonful of anchovy essence, 1 teaspoonful of walnut ketchup, ½ a teaspoonful of made mustard, salt and pepper, cayenne, breadcrumbs.

METHOD.—Melt the butter in a stewpan, add the flour, and cook for a few minutes, then pour in the milk, stir until it boils, and let it simmer slowly for about 10 minutes. Meanwhile, separate the fish into large flakes, and when the sauce is ready put them into the stewpan with the anchovy essence, ketchup, mustard, and a liberal seasoning of salt and pepper, and a small pinch of cayenne. Stir over the fire until the mixture is thoroughly hot, then fill the scallop shells (previously well greased), cover lightly with breadcrumbs, place on the top of each small pieces of butter, and bake in a hot oven until nicely browned, or brown the surface with a hot salamander.

TIME.—About ½ an hour.

FOWL, BROWN FRICASSÉE.

INGREDIENTS.—The remains of cold roast fowls, 1 pint of stock, 1½ oz. of butter, 1½ oz. of flour, salt and pepper, flavouring vegetables.

METHOD.—Divide the fowls into neat joints, and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter, fry the flour until lightly browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour, where its contents will keep hot without cooking, then serve with the sauce strained over.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

FOWL.

See recipes for **Chicken.**

FRITTERS, BEEF.

See **Beef Fritters.**

FRITTERS, SAVOURY.

See recipe, p. 281.

GAME CUTLETS.

See **Chicken Cutlets.**

GAME, IN ASPIC JELLY.

INGREDIENTS.—Cold cooked game, hard-boiled eggs, thin strips of lean cooked ham, aspic jelly.

METHOD.—Rinse a plain mould with cold water, cover the bottom with a thin layer of liquid aspic, and, when set, decorate with stamped-out pieces of ham and white of egg. Fix the decorations with a little semi-set aspic, and, as soon as it has stiffened, add the remainder of the eggs and the small pieces of game, previously seasoned and freed from skin and bone. Leave plenty of space to be filled with jelly, and let the jelly covering one layer of game become quite set before adding another. Let the mould remain on ice, or in a cool place until wanted, then turn out and serve.

TIME.—About 1 hour. SUFFICIENT for 1 good-sized mould.

GAME, POTTED.

INGREDIENTS.—Cooked game of any kind; to each lb. allow 2 or 3 oz. of butter, salt and pepper, cayenne.

METHOD.—Free the game from skin and bone, chop it finely, or pass it two or three times through a mincing machine. Pound in the mortar until smooth, moistening gradually with strong game gravy or stock, or, failing this, clarified butter. Season well with salt, pepper and cayenne, then rub through a fine sieve. Press into small pots, and cover with clarified butter.

TIME.—About ½ of an hour.

HAM AND RICE CROQUETTES.

See **Croquettes of Ham and Rice,** p. 280.

HAM, POTTED.

INGREDIENTS.—To 2 lb. of lean ham allow ½ lb. of fat, ¼ of a teaspoonful of ground mace, ¼ of a teaspoonful of nutmeg, ¼ of a tea-

spoonful of pepper, ½ of a teaspoonful cayenne, clarified butter.

METHOD.—Pass the ham two or three times through a mincing machine, or chop it finely, pound it well in a mortar with the seasoning, and rub it through a fine sieve. Put it into a greased pie-dish, cover with a greased paper, and bake in a moderate oven for about ¾ of an hour. When done, press into small pots, and as soon as it is cold cover with clarified butter.

TIME.—To bake, about ¾ of an hour.

HARE, HASHED.

INGREDIENTS.—Remains of cold roast hare, ½ pint of brown sauce, 1 glass of port or claret (optional), salt and pepper, red-currant jelly.

METHOD.—Cut the hare into neat slices, and put these aside while the bones and trimmings are being boiled for stock. Make the brown sauce as directed, and, when economy is an object, use stock or equal parts of stock and stout instead of adding wine to the sauce when finished. Season the sauce to taste, put in the slices of hare, let them remain until thoroughly hot, then serve with red-currant jelly.

TIME.—About 15 minutes to reheat.

HASH.

See **Cod, Duck, Hare, Pork and Turkey, Hashed.**

KEDGEREE.

See **Cold Meat Kedgeree, p. 280**

LAMB, MINCED.

See **Beef, Minced.**

MEAT AND RICE RISSOLES.

INGREDIENTS.—½ a lb. of rice, ½ a lb. of finely-chopped cold meat, 1½ oz. of butter, the yolks of 2 eggs, 2 finely-chopped shallots, ¼ a 'gill of gravy, 1 dessertspoonful of flour, nutmeg, salt and pepper, egg and breadcrumbs, frying-fat, stock.

METHOD.—Wash and drain the rice, put it into a stewpan with sufficient stock to cover it, and cook until tender, adding more stock when necessary, but not more than the rice will completely absorb. When ready season to taste with nutmeg, salt and pepper, and spread in a thin layer on a large dish. Fry the shallots lightly in the hot butter, sprinkle in the flour, add the stock, and boil well. Put in the meat and 2 yolks of eggs, season to taste, stir over the fire for a few minutes, then turn the mixture on to a plate to cool. Cut the rice into round or oval shapes, spread the centre of half of them thickly with the meat mixture, and cover with the other portions of rice. Seal the edges carefully, coat them completely with egg and breadcrumbs, and fry in hot fat. Dish up and serve hot.

TIME.—About 2 hours. SUFFICIENT for 4 or 5 persons.

MINCE.

See **Beef, Chicken, Mutton, Pork and Veal, Minced.**

MUTTON AND POTATO PIE.

INGREDIENTS.—2 lb. of cold lean mutton, 2 lb. of potatoes, 2 onions, ½ pint of gravy (made from the bones and trimmings of the meat), salt and pepper.

METHOD.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a pie-dish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer consisting of potato. Pour in the gravy, cover with a greased paper, and bake about 1 hour in a moderate oven. About a ¼ of an hour before serving remove the paper to allow the potatoes to brown.

TIME.—About 1½ hours. SUFFICIENT for 5 or 6 persons.

MUTTON COLLOPS.

INGREDIENTS.—6 or 8 slices of cooked mutton, 2 shallots or 1 small onion finely chopped, ½ a teaspoonful of powdered mixed herbs, ¼ a saltspoonful of mace, 1 dessertspoonful of flour, fat for frying, ½ pint of gravy or stock, lemon-juice or vinegar, salt, pepper.

METHOD.—Cut the meat into round slices about 2½ inches in diameter. Mix together the shallot, herbs, mace, and a little pepper and salt, and spread this mixture on one side of the meat. Let it remain for about 1 hour, then fry quickly in hot fat, taking care to cook the side covered with the mixture first. Remove and keep hot, sprinkle the flour on the bottom of the pan, which should contain no more fat than the flour will absorb, let it brown, then add the gravy or stock. Season to taste, boil gently for about 15 minutes, add a little lemon-juice or vinegar to flavour, and pour the sauce round the meat.

TIME.—About 1½ hours. SUFFICIENT, 1 lb. for 3 or 4 persons.

MUTTON, CURRIED.

INGREDIENTS.—1 lb. of cooked mutton, ½ pint of curry sauce, boiled rice.

METHOD.—Remove all skin and fat from the meat, and cut it into small thin slices. Make the sauce as directed, let the meat remain in it for at least ½ an hour, then serve with well-boiled rice.

TIME.—To reheat the meat, about ½ an hour. SUFFICIENT for 3 or 4 persons.

Note.—*See* "Chicken, Curried," p. 176.

MUTTON, GRILLED, AND TOMATO SAUCE.

See recipe, p. 158.

MUTTON, HASHED.

INGREDIENTS. — Cold mutton, pickles, brown sauce, breadcrumbs, salt.

METHOD.—Cut the meat into thin slices, and boil the bones and trimmings for stock for the brown sauce. Cover the bottom of a greased pie-dish with a layer of breadcrumbs, add 2 or 3 tablespoonfuls of brown sauce, and on the top arrange the slices of meat slightly overlapping each other. Sprinkle with chopped gherkins (or other pickle), salt and pepper, and cover lightly with the breadcrumbs and sauce. Repeat the process until the materials are used, making the top layer a rather thick one of breadcrumbs. Cover with a greased paper, and bake very gently for about ½ an hour. Serve in the dish in which it is cooked.

TIME.—About 1 hour. SUFFICIENT, 1 lb. of cold mutton for 3 or 4 persons.

MUTTON, MINCE OF, BAKED.

INGREDIENTS.—½ lb. of cooked mutton finely minced, 3 tablespoonfuls of white breadcrumbs, 1 tablespoonful of brown breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 shallot very finely minced, 1 egg, salt and pepper, 1 tablespoonful of mushroom ketchup, gravy, butter or fat.

METHOD.—Coat a plain mould or round cake-tin rather thickly with butter or fat, and cover it lightly with browned breadcrumbs. Mix the meat, white breadcrumbs, parsley, and shallot well together, season rather highly with salt and pepper, and add the egg, mushroom ketchup, and sufficient gravy slightly to moisten the whole. Turn the mixture into the prepared tin, bake gently from 1 to 1¼ hours, then unmould carefully, and serve with good gravy.

TIME.—To bake, from 1 to 1¼ hours. SUFFICIENT for 3 persons.

MUTTON, STEWED.

INGREDIENTS.—The remains of a saddle, loin, or neck of mutton, 1 onion shredded, 1 carrot cut

into dice, ½ a turnip cut into dice, 2 oz. of butter or fat, 1 oz. of flour, ¾ pint of gravy, stock, or water, salt and pepper.

METHOD.—Divide the meat into cutlets and trim away some of the fat. Heat the butter or fat in a stewpan, fry the meat quickly on both sides, then take it out, and put in the onion. Fry until lightly browned, sprinkle in the flour, and when well browned add the stock or water. Boil up, season to taste, add the trimmings of carrot and turnip, and replace the meat. Cover closely, cook very gently for about 1 hour, then arrange the cutlets neatly on a hot dish, strain the sauce over, and serve garnished with the vegetable dice, which must have been meanwhile boiled in salted water.

TIME.—About 1 hour. SUFFICIENT, allow 1 lb. to 3 or 4 persons.

PATTIES.

See **Chicken, and Veal and Ham Patties.**

PHEASANT CROQUETTES.

See **Chicken Cutlets.**

PIE.

See **Cod, Fish and Oyster, Mutton and Potato, Shepherd's** and **Veal and Ham Pie.**

PORK CHEESE.

INGREDIENTS.—1 lb. of cold roast pork, 1 dessertspoonful of finely-chopped parsley, ½ of a teaspoonful of powdered sage, ½ of a teaspoonful of mixed herbs, ½ a teaspoonful of grated lemon-rind, ½ of a teaspoonful of grated nutmeg, salt and pepper, ½ pint of gravy or stock, sufficiently strong to form a jelly when cold.

METHOD.—Cut the meat into dice, using more or less of the fat, according to taste. Add to it the parsley, sage, herbs, lemon-rind, nutmeg, and a liberal seasoning of salt and pepper, and mix well together. Press tightly into a mould, fill up with gravy, and bake about 1½ hours in a moderate oven. When cold, turn out of the mould and garnish with parsley.

TIME.—About 1½ hours. SUFFICIENT for 5 persons.

PORK CUTLETS, HASH OF.

INGREDIENTS.—The remains of cold loin of pork; to 6 or 7 cutlets allow 1 medium-sized Spanish onion coarsely chopped, 1 oz. of butter or good fat, 1 dessertspoonful of flour, 1 teaspoonful of vinegar, 1 teaspoonful of made mustard, ½ of a pint of good gravy, salt and pepper.

METHOD.—Divide the loin into neat cutlets, and trim away the greater part of the fat. Melt the butter or fat in a sauté or frying-pan, put in the cutlets, fry them until both sides are lightly browned, then remove and keep hot. Add the onion to the fat in the pan, fry until it acquires a good brown colour, sprinkle in the flour, season with salt and pepper, and cook for a few minutes longer lightly to brown the flour. Now add the stock, vinegar, and mustard, boil up, and pour the mixture over the cutlets which must be previously arranged in a close circle on a hot dish.

TIME.—About 5 minutes, to fry. SUFFICIENT for 6 or 7 persons.

PORK, HASHED.

INGREDIENTS.—1 lb. of either cold roast or boiled pork, 1½ oz. of butter or good fat, 1 dessertspoonful of Worcester sauce, 1 dessertspoonful of ketchup, 1 small teaspoonful of made mustard, ½ a teaspoonful of lemon-juice, cayenne, salt and pepper.

METHOD.—Cut the meat into small slices, and sprinkle them with salt and a very little cayenne. Put the butter or fat, Worcester sauce, ketchup, lemon-juice, and mustard into a stewpan, and when quite hot add the slices of meat,

and allow them to remain for 15 or 20 minutes to become thoroughly impregnated with the flavour of the sauce. Shake the stewpan or stir the contents occasionally, but on no account allow the sauce to boil.

TIME.—About 20 minutes. SUFFICIENT for 4 or 5 persons.

PORK, MINCED.

INGREDIENTS.—1 lb. of cold roast pork, 2 onions finely chopped, 2 apples coarsely chopped, 2 oz. of butter or good fat, 1 dessertspoonful of flour, 1 teaspoonful of lemon-juice, ½ of a pint of stock, dry mustard, salt and pepper.

METHOD.—Cut the meat into very small dice, and, unless gravy or good stock is at hand, boil the bones and trimmings for at least 1 hour, then strain and boil rapidly until reduced to ½ pint. Melt the butter or fat in a stewpan, fry the onion until lightly browned, then add the apple, and fry until tender, but not broken. Sprinkle in the flour, add a good pinch of mustard, stir and cook gently for a few minutes, then add the stock, and stir until boiling. Season to taste, boil gently for about 5 minutes, then put in the meat, add the lemon-juice, and allow the stewpan to stand for about ½ an hour where the contents will remain just below simmering-point. Serve in a border of rice, or mashed potato, or garnished with sippets of toasted bread.

TIME.—To reheat the meat, about ½ an hour. SUFFICIENT for 3 or 4 persons.

PORK MOULD.

INGREDIENTS.—1 lb. of cold roast pork, 2 tablespoonfuls of mashed potato, 1 teaspoonful of parboiled and finely-chopped onion, about ¼ pint of sour cream or milk, salt and pepper, brown breadcrumbs, ½ pint of gravy.

METHOD.—Remove the skin and greater part of the fat from the meat, chop it finely, and add to it the onion and potato. Season highly with salt and pepper, and work in sufficient sour cream or milk to bind the mixture together. Coat a well-greased mould or pie-dish thickly with brown breadcrumbs, put in the mixture, and bake for about ¾ of an hour in a moderate oven. The mixture may also be formed into small cakes, coated with egg and breadcrumbs, and fried. The gravy may be made from the bones and trimmings of the meat and should be served separately.

TIME.—To cook, about ¾ of an hour. SUFFICIENT for 2 or 3 persons.

POTTED MEAT.

See **Game**, and **Ham, Potted.**

PUDDING.

See **Beef**, and **Fish Pudding.**

RISSOLES.

See **Beef Rissoles.**

SALMON MAYONNAISE.

See recipe, p. 124.

SCOTCH COLLOPS.

INGREDIENTS.—Cold roast veal, ½ a pint of veal stock, rashers of bacon rolled and fried, ¾ of an oz. of butter, ¾ of an oz. of flour, 1 teaspoonful of lemon-juice, 2 or 3 thin strips of lemon-rind, 1 small onion, mace or nutmeg, salt and pepper.

METHOD.—Cut the meat into slices ¼ an inch thick, and trim them into oval or round pieces from 2 to 3 inches in size. Score them on both sides with a sharp knife, sprinkle them liberally with salt, pepper and powdered mace or nutmeg, and put aside. Place any bones and trimmings there may be in a stewpan with the onion, lemon-rind, a little mace or nutmeg, and a seasoning of salt and pepper. Cover with cold water, simmer gently for about 1 hour, then strain and add stock or water to make

up the ½ pint. Melt the butter in a stewpan, add the flour, stir and cook the mixture slowly until it acquires a nut-brown colour, then add the strained stock. Stir until boiling, season to taste, and simmer gently for about 20 minutes. Meanwhile dip the collops in a little flour seasoned with salt and pepper, fry them lightly in a little hot butter or fat, then drain and arrange neatly on a hot dish. Add the lemon-juice to the prepared sauce, strain round the collops, garnish with the crisply-fried rolls of bacon, and serve.

TIME.—About 1½ hours. SUFFICIENT, allow 1 lb. for 3 or 4 persons.

SHEPHERD'S PIE.

INGREDIENTS.—½ lb. of cold mutton, 1 lb. of mashed potato, 1 oz. of butter or dripping, ½ pint of gravy or stock, 1 teaspoonful of parboiled and finely-chopped onion, salt and pepper.

METHOD.—Cut the meat into small thin slices, or mince it rather coarsely. Melt half the butter or fat in a stewpan, add to it the potato, salt and pepper, and stir over the fire until thoroughly mixed. Grease a pie-dish, line the bottom thinly with potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potato. The potato covering may be given a rough appearance by scoring it in every direction with a fork, or it may be made to resemble an ordinary crust by being smoothed over with a knife, notched at the edges, and brushed over with the yolk of egg before baking. When egg is not used for this purpose, the remainder of the butter or fat must be put on the top of the pie in small pieces. Bake in a moderate oven until the surface is well browned.

TIME.—To bake, from 30 to 40 minutes. SUFFICIENT for 3 or 4 persons.

TURKEY BLANQUETTE.

INGREDIENTS.—The remains of a cold turkey, ½ pint of stock, 1½ oz. of butter, 1 oz. of flour, 1 yolk of egg, 2 tablespoonfuls of cream or milk, 1 small onion, 1 small blade of mace, nutmeg, salt and pepper.

METHOD.—Cut the turkey into neat slices, and set these aside until wanted. Put the bones, trimmings, onion, mace, and a little salt and pepper into a stewpan, cover with cold water, simmer gently for at least 1 hour, and strain. Heat the butter in a stewpan, add the flour, cook for a few minutes without browning, put in the stock, and stir until boiling. Simmer gently for about 10 minutes, season to taste, add a pinch of nutmeg, put in the slices of turkey and let them become quite hot without boiling. Mix the cream or milk and yolk of egg together, add them to the contents of the stewpan, stir gently for about 5 minutes, then serve.

TIME.—To reheat the turkey, about 20 minutes. SUFFICIENT for 1 dish.

TURKEY CROQUETTES.

See **Chicken Cutlets.**

TURKEY, DEVILLED.

INGREDIENTS. — Cold roast turkey. For the devilled butter: 1 oz. of butter, ½ a saltspoonful each of cayenne, black pepper, and curry-powder, a pinch of ground ginger, piquant sauce.

METHOD.—Mix the ingredients for the devilled butter together on a plate. Divide the turkey into pieces convenient for serving, remove all skin, score the flesh deeply, and spread lightly with the butter. Put aside, and let them remain for about 1 hour, or longer when a highly-seasoned dish is desired, then grill over the fire, and serve with piquant or other suitable sauce.

TIME.—To grill, about 8 minutes. SUFFICIENT for 3 or 4 persons.

TURKEY, HASHED.

INGREDIENTS.—The remains of cold roast turkey, 1½ oz. of butter, 1½ oz. of flour, ¾ of a pint of stock made from bones and trimmings of turkey, salt and pepper, a few drops of liquid caramel.

METHOD.—Divide the turkey into small neat joints, and put them aside. Put the bones and trimmings into a stewpan, with a small onion, a blade of mace, a few peppercorns and a little salt, simmer gently for about 2 hours, then strain and use. Melt the butter, stir in the flour, add the stock, and stir until boiling. Let the sauce boil gently for about 10 minutes, in order that the flour may be thoroughly cooked, then season to taste, add the pieces of turkey, draw the stewpan aside, and let it remain for about ½ an hour, where the contents will be kept just below simmering-point. Before serving, improve the colour of the sauce by the addition of a few drops of caramel. The dish may be garnished with sippets of toasted bread, or surrounded by a border of mashed potato.

TIME.—About 45 minutes after the stock is made.

Note.—For other methods of reheating turkey, *see* the recipes for reheating chicken.

VEAL AND HAM PATTIES.

INGREDIENTS.—6 oz. of cooked veal, 2 oz. of either cooked or raw ham, about ½ a gill of stock or water, the grated rind of ½ a lemon, a good pinch of nutmeg, ½ a teaspoonful of salt, ¼ a saltspoonful of pepper, puff-paste or rough puff.

METHOD.—Cut the meat into small dice, add to it the salt, pepper, herbs, and moisten with the stock or water. Make the paste as directed, roll it out thinly, and stamp out with a cutter a little larger than the patty-pans as many rounds as possible, and put 6 aside to form the covers. Roll out the cuttings, stamp into rounds, place one in each patty-pan, fill with meat, moisten the edges with water, and put on the covers. Press the edges together, notch them at regular intervals, make a hole in the centre of the top, and decorate with leaves. Brush over with egg or milk, and bake for about 20 minutes in a moderately hot oven.

TIME.—About 20 minutes to bake. SUFFICIENT for 6 large patties.

VEAL AND HAM PIE.

INGREDIENTS.—1½ lb. of lean veal (fillet or cushion part), ½ lb. of cooked ham, 2 hard-boiled eggs, about ½ a teaspoonful of mixed dried herbs, a teaspoonful of chopped parsley, a little stock or water, seasoning, puff or rough puff-paste.

METHOD.—Cut the veal into neat slices, free from skin, also cut the ham into suitable slices. Arrange a layer of veal in a pie-dish, then a layer of ham, and next a layer of thin slices of hard-boiled egg. Season each layer with a very little salt and pepper, dried herbs, and parsley. Continue thus until the dish is quite full. Pour in about 1 gill of stock, or, failing this, water. Cover with paste in the usual manner, decorate the centre tastefully with paste leaves, brush over with egg, and bake in a moderate oven for about 1½ hours.

TIME.—To make and cook, about 2 hours. SUFFICIENT for 7 or 8 persons.

VEAL CROQUETTES.

INGREDIENTS.—1 lb. of cold veal, 1 oz. of butter or dripping, ½ oz. of flour, ½ pint of stock, the rind of ½ a lemon grated, 1 teaspoonful of finely-chopped parsley, a good pinch of nutmeg, 1 egg, bread-crumbs, frying-fat, salt and pepper.

METHOD.—Chop the meat finely, and boil the bones and trimmings for the stock. Melt the fat or butter in a stewpan, add the flour,

pour in the stock, and stir until it boils (this sauce is intended to bind the mixture, when more convenient an egg may be used instead), boil the sauce for a few minutes, then add the meat, parsley, lemon-rind, nutmeg, salt and pepper to taste, and stir well over the fire. Turn on to a plate, when cool form into cork-shaped pieces, brush over with beaten egg, coat well with bread-crumbs, and fry until nicely browned in hot fat.

TIME.—From 1½ to 2 hours. SUFFICIENT for 4 or 5 persons.

Note.—A properly made croquette or rissole is dry and crisp on the outside, and very moist inside, but the mixture must of necessity be made moderately dry unless the liquid used in its preparation contains the stiffening properties of gelatine, for when it lacks a certain degree of firmness it is moulded with great difficulty. All that is required to obtain a moist, in fact, almost liquid rissole, is to add to the mixture a considerable amount of stock that will form a jelly when cold, and when reheated will again become liquid.

VEAL GÂTEAU, COLD.

INGREDIENTS.—½ lb. of cold veal (or veal and ham mixed), 2 tablespoonfuls of white breadcrumbs, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of grated lemon-rind, a pinch of nutmeg, 1 egg, 1 or 2 tablespoonfuls of gravy or milk, a few browned breadcrumbs, ½ pint of gravy.

METHOD.—Grease a round mould or cake tin, and well cover it with browned breadcrumbs. Put the bones and browned trimmings of the meat into a stewpan with a little salt and pepper, and boil gently until the gravy is required, then strain, and season to taste. Chop the meat finely, add to it the white breadcrumbs, parsley, lemon-rind, nutmeg, the egg beaten, and as much gravy or milk as will thoroughly moisten the whole. Season rather highly with salt and pepper, press the mixture tightly into the cake tin, and bake in a moderate oven for about 40 minutes. Turn out, pour a little gravy round, and serve the remainder separately.

TIME.—About 1½ hours, altogether. SUFFICIENT for 3 or 4 persons.

VEAL LOAF.

INGREDIENTS.—1 lb. of cold roast veal finely chopped, ½ lb. of sausage-meat, 2 tablespoonfuls of breadcrumbs, a little gravy or stock, 1 egg, salt and pepper.

METHOD.—Mix the veal, sausage-meat, and breadcrumbs together, season liberally with salt and pepper, and add the egg. Mix thoroughly and add gravy or stock gradually until the whole is thoroughly moistened. Form into a short, thick roll, cover lightly with flour, or, when economy is not an object, coat with egg and bread-crumbs. Bake in a moderate oven for about 1 hour, basting occasionally with hot fat, and serve either hot or cold. When served hot, it should be accompanied by good gravy, or some suitable sauce.

TIME.—To bake, about 1 hour. SUFFICIENT for 5 or 6 persons.

VEAL, MARBLED.

INGREDIENTS.—Remains of a cooked tongue, an equal quantity of cooked veal, a little stock which will jelly when cold, 1 hard-boiled egg, salt and pepper.

METHOD.—Chop the tongue and veal separately until very fine, and if possible, pound smoothly in a mortar. Season well with salt and pepper. Divide the egg into slices or small sections, and arrange them in some simple pattern on the bottom of a small mould or basin. Place the tongue and veal in the mould in irregularly-shaped pieces, moistening each layer with stock, and allowing it to run between, and thus divide the lumps of tongue and veal. Put aside until set, then turn out and use as a breakfast, luncheon or supper dish.

TIME.—About 2 hours to set. SUFFICIENT for 4 persons.

VEAL, MINCED.

INGREDIENTS.—1½ lb. of cold veal, 1 pint of white sauce, forcemeat balls, the grated rind of ½ a lemon, 1 teaspoonful of lemon-juice, salt and pepper.

METHOD.—Remove all skin and gristle, cut the meat into very small pieces, but do not chop it. Make the white sauce as directed, add to it the lemon-rind and lemon-juice, season to taste, put in the meat, cover closely, and let it remain in the sauce for about ½ an hour, WITHOUT BOILING. Serve on a hot dish, garnished with the forcemeat balls and slices of lemon.

TIME.—To prepare and cook, from 1 to 1½ hours. SUFFICIENT for 4 or 5 persons.

VEAL RISSOLETTES.

INGREDIENTS.—3 oz. of lean cooked veal, 1 oz. of lean cooked ham or tongue, ¼ of a pint of white stock, 1 tablespoonful of cream or milk, ½ of an oz. of flour, ½ of an oz. of butter, the finely-grated rind of ½ a lemon, a pinch of mace, salt and pepper, 1 egg, vermicelli, 4 oz. of rough puff-paste, frying-fat.

METHOD.—Chop the meat very finely; make a sauce with the flour, butter and stock, add to it the meat, lemon-rind and mace, season well, and stir over the fire until well mixed. Cool slightly, then add the cream or milk, and turn the preparation on to a plate. Roll the paste out thinly (it must not be thicker than foolscap paper), cut it into rounds of 1½ or 2 inches diameter, place a little of the meat mixture on one half, moisten the edges of the paste, fold the other half over, making the croquette half-moon or crescent shape, and press the edges of the paste together. Brush the rissolettes over with beaten egg, roll them in crushed vermicelli (crushed in the hand), and fry them until lightly browned in hot fat. Arrange them in a pyramidical form, on a folded napkin or dish-paper, garnish with fried parsley, and serve.

TIME.—From 40 to 50 minutes. SUFFICIENT for 1 small dish.

WILD DUCK SALMI.

See recipe, p. 190.

VEGETABLES.

ALL vegetables should be put into boiling water, to which salt should be added in the proportion of 1 tablespoonful to 2 quarts of water. The salt greatly improves the flavour of the vegetables, and it also raises the boiling-point of the water, thus tending to preserve their colour. A small quantity of water should be used for green vegetables, and a little soda to soften the water and counteract the hardening effect of the salt (unless an aluminium utensil is used). All vegetables must be kept boiling, but Jerusalem artichokes, vegetable marrows, and others of a similar character, must be boiled more gently than cabbage and other greens, otherwise they may break.

The time vegetables take to boil depends on their age. Young vegetables will, as a rule, cook in about 20 minutes, whereas those fully matured will average no less than 40 minutes. As soon as the vegetables are sufficiently cooked they should be removed from the saucepan and drained, otherwise they absorb water, lose some of their flavour, and become discoloured.

They may, however, be covered with a cloth, and kept hot in a colander placed over an empty iron saucepan for a considerable time without injury.

RECIPES FOR COOKING VEGETABLES.

ARTICHOKES, GLOBE, BOILED.

INGREDIENTS.—2 or 3 Globe artichokes, salt, Hollandaise or other suitable sauce.

METHOD.—Wash the artichokes in several waters, cut off the stems and, if necessary, trim the leaves. Put them into boiling water, add about 1 teaspoonful of salt to each quart of water, and if the water be hard or the vegetable old, also add a piece of soda, the size of a Spanish nut. Keep the saucepan uncovered, and boil quickly for about 25 to 30 minutes, or until the vegetables are tender. Drain well, and serve with Hollandaise, white, or other suitable sauce, or, if preferred, oiled butter.

TIME.—About 25 to 30 minutes. SUFFICIENT, allow 1 small or ½ a large artichoke to each person.

Note.—Globe artichokes are seasonable from January to April.

ARTICHOKES, GLOBE, FRIED.

INGREDIENTS. — 6 Globe artichokes. For the batter: 2 tablespoonfuls of flour, 2 tablespoonfuls of milk, 1 tablespoonful of salad-oil, 1 egg, salt, fried parsley, white sauce.

METHOD.—Trim and boil the artichokes as in the preceding recipe.

When they are quite tender take them up, remove the fibrous internal part, called the "choke," and divide the bottoms into three or four pieces, according to size. Mix the flour, salt, salad-oil, milk, and yolk of the egg smoothly together, and let it stand for a time. When ready to use, beat the white to a stiff froth, and stir it lightly into the batter. Have ready a deep pan of boiling fat, dip the pieces of artichoke into the batter, take them out on the point of a skewer, drop them into the fat, and fry light brown. Garnish with fried parsley, and serve plain or with white sauce.

TIME.—About 25 to 30 minutes to boil the artichokes; about 5 to 7 minutes to fry them. SUFFICIENT for 5 or 6 persons.

ARTICHOKES, JERUSALEM, BOILED.

INGREDIENTS.—1½ to 2 lb. Jerusalem artichokes, vinegar, salt, water, white sauce, or melted butter.

METHOD.—Wash the artichokes and peel them, put them at once into the vinegar and water to preserve their colour. Have ready a saucepan of boiling water; to each quart allow a heaped teaspoonful of salt and a teaspoonful of vinegar, put in the artichokes, and boil gently for about 20 minutes. They should be tried frequently after a ¼ of an hour, as they are apt to break and become discoloured if over-cooked. Drain well, and serve in a hot vegetable dish, with the sauce poured over.

TIME.—About 20 minutes. SUFFICIENT for 4 or 5 persons.

Note.—Jerusalem artichokes are seasonable from October to February.

ARTICHOKES, JERUSALEM, MASHED.

INGREDIENTS.—2 lb. of artichokes, 1 oz. of butter, 2 tablespoonfuls of cream or milk, salt and pepper.

METHOD.—Wash, peel and boil the artichokes in the same manner as potatoes. Drain well, rub them through a fine sieve, replace them in the stewpan with the butter, cream or milk, and pepper, and stir over the fire until quite hot.

TIME.—About 30 to 35 minutes. SUFFICIENT for 4 or 5 persons.

ASPARAGUS, BOILED.

INGREDIENTS.—1 bundle asparagus, salt, water, toast.

METHOD.—Scrape the white part of the stems, beginning from the head, tie them into bundles of about 20 each, keeping all the heads in one direction. Cut the stalks evenly, and keep the asparagus in cold water until it is time to cook it. Have ready a saucepan of boiling water, add a heaped teaspoonful of salt to each quart of water, put in the asparagus and boil gently for about 20 minutes, or until tender. Dish on toast, and serve with Hollandaise, white, or other suitable sauce, or oiled butter.

TIME.—About 20 minutes. SEASONABLE from April to July. SUFFICIENT, allow 6 to 8 medium-sized asparagus to each person.

BEANS, FRENCH OR KIDNEY, BOILED.

INGREDIENTS.—French beans, salt, pepper, a small piece of soda.

METHOD.—Cut off the heads, tails, and a thin strip on each side of the beans, so as to remove the string. Cut the beans in a slanting direction into slips and, as they are cut, drop them into cold water. Have ready a saucepan of boiling water, and 1 heaped teaspoonful of salt to each quart of water, and a small piece of soda if the beans are old. Put in the beans, keep the saucepan uncovered, and boil briskly for about 15 to 25 minutes, according to age. Drain well, sprinkle with pepper, then serve.

TIME.—To boil the beans, about 15 to 25 minutes. SEASONABLE from July to October.

BEANS, GOLDEN.

See **Lima Beans.**

BEETROOT, BAKED.

See **Beetroot, Boiled.**

BEETROOT, BOILED.

INGREDIENTS.—Beetroot, water.

METHOD.—Wash the beets thoroughly, but do not prick or break the skins before they are cooked, or they will lose their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If the beets are to be served hot, rub off the peel quickly, cut the beet into thick slices, and send to table with melted butter. For salads, pickle, etc., let the root cool, then peel by rubbing, and cut into slices.

TIME.—Small beetroot, about 1½ to 2 hours; large, 2½ to 3 hours. SEASONABLE at any time. SUFFICIENT, allow 1 medium-sized beetroot to 2 or 3 persons.

Note.—In boiling beetroot great care must be taken not to damage the skin, otherwise it will "bleed," becoming white and tasteless. Should the skins be accidentally broken it is better to bake them in a moderate oven, previously covering the damaged part with a little flour paste.

BEETROOTS, STEWED.

See **Beetroot, Boiled.**

BROAD OR WINDSOR BEANS.

INGREDIENTS.—1 peck of broad beans, salted water, parsley sauce.

METHOD.—This favourite vegetable to be nice should be young and freshly gathered. After shelling the beans, put them into boiling water, salted to taste, and boil rapidly until tender. Drain them well in a colander, dish and serve separately a boat of parsley sauce. Boiled bacon often accompanies this vegetable, but should be cooked separately This dish is usually served with the beans laid round the bacon, and the parsley butter sauce in a boat. Beans also make an excellent garnish to a ham; when used for this they should have their skins removed.

TIME.—Very young beans, about 15 minutes; when of a moderate size, 20 to 25 minutes, or longer. SEASONABLE in July and August. SUFFICIENT, allow 1 peck for 6 or 7 persons.

BROAD BEANS, WITH PARSLEY SAUCE.

INGREDIENTS.—2 pints of broad beans, ½ pint of stock, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, ¼ pint of cream, pepper and salt to taste.

METHOD.—Procure some young and freshly gathered beans, and shell sufficient to make 2 pints; boil them as in the recipe for Broad or Windsor Beans, until nearly done, then drain them and put them into a stewpan with the stock, finely-minced herbs, and sugar. Stew the beans until they are perfectly tender and the liquor has reduced a little, then beat up the yolk of an egg with the cream, add this to the beans. Let the whole get thoroughly hot, and when on the point of simmering, serve. Should the beans be very large the skins should be removed previously to boiling them; they are, however, more quickly removed afterwards.

TIME.—About 10 minutes to boil the beans, about 15 minutes to stew them in the stock. SUFFICIENT for 5 or 6 persons.

BROCCOLI, BOILED.

INGREDIENTS.—Broccoli. To each ½ gallon of water allow 1 heaped tablespoonful of salt, melted butter.

METHOD.—Strip off the dead leaves, and cut off the inside ones level with the flower, cut off the stalk close to the bottom, and put the broccoli into cold salt and water or vinegar and water, with the head downwards. Let them remain

for about ½ of an hour, then put them into a saucepan of boiling water, salted in the above proportion, and keep them boiling gently with the stalk upwards and the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a little of which should be poured over the broccoli. If left in the water after it is done, the broccoli will break, its colour will be spoiled, and its crispness lost. If boiled too fast it may break.

TIME.—Small broccoli, about 10 to 15 minutes; large broccoli, 20 to 30 minutes. SEASONABLE from October to March. SUFFICIENT, allow 1 lb. to 2 or 3 persons.

Note.—It is a good plan to place a small piece of toast or crust of bread in the saucepan in which any vegetable of the cabbage tribe is boiled, as this absorbs the unpleasant odour generated during the cooking.

BRUSSELS SPROUTS, BOILED.

INGREDIENTS.—Brussels sprouts. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda, maître d'hôtel sauce or melted butter.

METHOD.—Clean the sprouts from insects, wash them, and pick any dead or discoloured leaves from the outsides; put them into a saucepan of boiling water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly until tender; drain, dish, and serve with a tureen of melted butter; maître d'hôtel sauce is sometimes poured over them. Another method of serving is to toss the sprouts in about 1 oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, for on account of the smallness of the sprouts this vegetable soon cools.

TIME.—From 10 to 15 minutes, after the water boils. SEASONABLE from September to March. SUFFICIENT, allow about 1½ lb. for 4 persons.

BUTTER BEANS.

See **Lima Beans.**

CABBAGE, BOILED.

INGREDIENTS.—Cabbages. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

METHOD.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir the cabbages once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done take the cabbages up into a colander, place a plate over them, let them thoroughly drain, dish, cutting them into squares.

TIME.—Small young cabbages, about 15 to 20 minutes; large cabbages and savoys, from 30 to 40 minutes. SEASONABLE all the year. SUFFICIENT, allow 1 medium-sized cabbage for 3 or 4 persons.

CABBAGE, MINCED.

INGREDIENTS.—1 cabbage, 2 oz. of butter, or good cooking fat, 1 oz. of flour, 2 tablespoonfuls of vinegar, salt and pepper, hard-boiled egg.

METHOD.—Boil, press the cabbage dry, and chop it finely. Heat the butter or fat, in a frying-pan, sprinkle in the flour, mix smoothly, and put in the cabbage. Add salt and pepper to taste, put in the vinegar, stir over the fire for about 5 or 6 minutes, then serve garnished with sections of hard-boiled egg.

TIME.—Altogether 1 to 1½ hours. SUFFICIENT for 3 persons.

CABBAGE, RED, STEWED.

INGREDIENTS.—1 small red cabbage, 1 small slice of ham, ½ oz. of fresh butter, ½ pint of fresh stock,

½ gill of vinegar, salt and pepper, ½ tablespoonful of pounded sugar.

METHOD.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, ¼ pint of stock, and the vinegar; cover the pan closely, and let it stew for about 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix the ingredients well together, stir over the fire until nearly all the liquor has dried away, and serve. Fried sausages are usually sent to table with this dish: they should be laid round and on the cabbage as a garnish.

TIME.—Rather more than 1 hour. SEASONABLE from Sept. to Jan. SUFFICIENT for 3 persons.

CARROTS, BOILED.

INGREDIENTS.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, carrots.

METHOD.—Cut off the green tops, wash and scrape the carrots, and remove any black specks. If the carrots are very large, cut them in halves, divide them lengthwise into four pieces, and put them into boiling water salted in the above proportion; let them boil until tender, which may be ascertained by piercing the carrots with a fork, then drain well. Young carrots should be boiled whole.

TIME.—Young carrots, about ½ an hour; old ones, from 1 to 1½ hours. SUFFICIENT, allow 1 lb. for 2 or 3 persons.

Note.—Young carrots are seasonable from April to June; old ones at any time.

CARROTS, STEWED.

INGREDIENTS.—3 or 4 large carrots, 1½ gills of stock, ½ gill of milk, ½ tablespoonful of cream (optional), ½ oz. of butter, ½ oz. of flour, salt and pepper.

METHOD.—Scrape the carrots, put them into boiling water, boil rapidly until half cooked, then drain and cut them into rather thin slices. Heat the butter in a stewpan, stir in the flour, add the stock and milk, and stir over the fire until a smooth sauce is obtained. Season to taste, put in the sliced carrots, simmer very gently until they are tender, stirring occasionally, then add the cream (if used).

TIME.—From 1 to 1½ hours. SUFFICIENT for 2 or 3 persons.

CARROTS WITH PARSLEY SAUCE.

INGREDIENTS.—2 lb. of small new carrots, 1 oz. of butter, 1 dessertspoonful of finely-chopped parsley, the juice of ½ a lemon, salt and pepper.

METHOD.—Wash and trim the carrots; if very young, allow 2 or 3 of the tiny leaves at the top to remain, as this adds to the appearance when served. Put them into boiling water slightly salted, and boil for about 15 minutes, or until tender. When done, drain off the water, put in the butter, parsley, and lemon-juice, season with salt and pepper, toss over the fire for a few minutes, then serve.

TIME.—About 20 minutes. SUFFICIENT for 4 or 5 persons.

CAULIFLOWER, BAKED, WITH CHEESE.

INGREDIENTS.—2 small cauliflowers, ½ pint of white sauce, 1 tablespoonful of grated cheese, preferably Parmesan, 1 dessertspoonful of brown breadcrumbs, ½ oz. of butter.

METHOD.—Boil the cauliflowers as in the following recipe, drain well, and divide them into pieces convenient for serving. Have ready a round gratin dish, or any fireproof dish that may be sent to table, butter it well, and in it arrange the pieces of cauliflower so as to appear as one large one. Mix ¾ of the cheese with the COLD white sauce, and the remainder with the breadcrumbs; pour the sauce over the cauliflower, and cover the surface with the mixed bread-

crumbs and cheese. Place small pieces of butter on the top, and bake in a moderate oven until well browned.

TIME.—About 40 minutes. SEASONABLE from June to November. SUFFICIENT for 3 or 4 persons.

CAULIFLOWER, BOILED, WITH WHITE SAUCE.

INGREDIENTS.—2 cauliflowers (to ½ gallon of water allow 1 heaped tablespoonful of salt), white sauce.

METHOD. — Choose cauliflowers that are close and white, trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for about an hour previous to dressing them, with their heads downwards; this will effectually draw out all insects. Put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil gently, keeping the saucepan uncovered. The water should be well-skimmed. When the cauliflowers are tender, take them up with a slice, let them drain, and lay them carefully in the dish. Serve with white sauce or melted butter, a little of which may be poured over the cauliflower.

TIME.—Small cauliflower, about 12 to 15 minutes; a large one, 20 to 25 minutes, after the water boils. SEASONABLE from June to Nov. SUFFICIENT for 5 persons.

CELERY.

METHOD. — This vegetable is generally eaten raw, and is served with cheese. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserve as much of the stalk as possible, and carefully remove all specks and blemishes. Should the celery be large, divide it lengthwise into quarters, and place it root downwards in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled by shredding them in narrow strips with the point of a knife to a depth of about 2 inches from the top.

Note.—Celery is seasonable from September to February.

CELERY, BRAISED.

INGREDIENTS.—3 or 4 heads of celery, seasoning, ½ pint of rich stock, butter, 2 or 3 slices of streaky bacon, a little brown or Espagnole sauce, and a small piece of meat glaze, salt, pepper, nutmeg.

METHOD.—Trim and wash the celery, cut each head into 2 or 3 portions, and tie up each with 4-inch lengths of thin twine. Range them into a well-buttered sauté-pan, season with salt, pepper, and nutmeg, and moisten with the stock. Cut the bacon into strips, fry them a little, and put these on top of the celery. Cover the pan, and put it in a hot oven to cook its contents for about 30 minutes. When done, take up, drain the celery, and reduce the liquor, adding a little brown or Espagnole sauce to it; also the meat glaze. Dress the celery on a vegetable dish, and strain over the sauce.

TIME.—About 1 hour. SUFFICIENT for 6 or 7 persons.

CELERY, FRIED.

INGREDIENTS.—Celery, frying-batter, frying-fat.

METHOD.—Prepare and boil the celery, as directed in Celery with White Sauce, and cut it into short lengths. Have ready some frying-batter and a deep pan of hot fat, dip each piece of celery separately into the batter, and fry until crisp and lightly browned. Drain well, and serve at once.

TIME.—To fry the celery, about 4 to 5 minutes. SUFFICIENT, allow 1 head for 2 persons.

CELERY WITH WHITE SAUCE.

INGREDIENTS.—2 heads of celery, ½ pint of white sauce, salt, toast.

METHOD.—Wash the celery, remove the outer stalks and the greater part of the root, trim away the green tops, and cut each head lengthwise into four. Have ready a saucepan of slightly-salted boiling water, put in the celery, and cook from 30 to 35 minutes, or until the root may be easily pierced with a skewer. Drain well, dish on the toast, pour over the sauce, and serve.

TIME.—About 30 to 35 minutes. SUFFICIENT for 4 or 5 persons.

CHICORY, TO DRESS.

See **Endive.**

CUCUMBER WITH PARSLEY SAUCE.

INGREDIENTS.—2 medium-sized cucumbers, ½ pint of white sauce, 1 oz. of butter, 1 egg, ½ a teaspoonful of finely-chopped shallot or onion, ½ a teaspoonful of finely-chopped parsley, salt and pepper.

METHOD.—Pare the cucumbers, put them into boiling water, cook for about 10 minutes, then drain well and cut them into slices about 1 inch in thickness. Heat the butter in a stewpan, put in the sliced cucumber, shallot, and a good seasoning of salt and pepper; toss over the fire for a few minutes, then add the white sauce. Just before boiling point is reached add the beaten egg and parsley, stir and cook gently until the egg thickens, then season to taste and serve.

TIME.—About 30 minutes. SUFFICIENT for 4 or 5 persons.

ENDIVE.

This vegetable is generally served as a salad, but may also be served hot, stewed in cream, brown gravy, or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

SEASONABLE from November to March.

ENDIVE, BRAISED.

See **Celery, Braised.**

HARICOT BEANS AND MINCED ONIONS.

INGREDIENTS.—1 pint of white haricot beans, 4 medium-sized onions, ¼ pint of brown gravy, pepper and salt, flour, ½ oz. of butter.

METHOD.—Peel and mince the onions, not too finely, fry them in butter until they acquire a light-brown colour, then dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained, put them with the onions and gravy, mix all well together, and serve very hot.

TIME.—Altogether, about 2½ hours. SUFFICIENT for 4 persons.

Note.—Haricot beans are obtainable at any time.

HARICOT BEANS, BOILED.

INGREDIENTS.—1 pint of white haricot beans, 1 quart of water, ½ oz. of butter, a heaped dessertspoonful of salt.

METHOD.—Put the beans into cold water, and let them soak for several hours, according to their age; then put them into cold water, salted in the above proportion, bring them to the boil, and let them simmer very slowly until tender. Pour away the water, and let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add ½ oz. of butter and a seasoning of pepper and salt. Toss the beans for about 5 minutes, then dish up and serve.

TIME.—After the water boils, from 2 to 2½ hours. SUFFICIENT for 3 or 4 persons.

HARICOTS À LA BONNE FEMME.

INGREDIENTS.—1 pint of white haricot beans, 2 oz. of butter, 1 quart of water, ½ a teaspoonful of chopped parsley, salt and pepper.

METHOD.—Place the haricot beans in water with a little salt; let them boil, then draw the saucepan to the corner of the fire, and let them simmer gently until the bean is easily crushed between the thumb and finger, which will be in about 2 hours. Drain them and return them to the saucepan; add the butter, parsley, salt and pepper to taste, and ¼ gill of the liquor in which the beans were boiled. Shake the saucepan over the fire until the butter is melted, and serve very hot.

TIME.—About 2½ hours. SUFFICIENT for 3 or 4 persons.

HORSERADISH.

METHOD.—This root scraped is served with hot roast beef, and is also used for garnishing cold roast beef and many kinds of boiled fish. Let the horseradish remain in cold water for about 1 hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and use the remainder for garnishing the joint; it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

SEASONABLE from Oct. to June.

KIDNEY BEANS, BOILED.

See **Beans, French, Boiled.**

LEEKS, BOILED.

INGREDIENTS.—8 young leeks, salt, vinegar, ½ pint of white sauce, toast.

METHOD.—Trim off the roots, the outer leaves, and the green ends, and cut the stalks into 6-inch lengths. Have ready a saucepan of boiling water, add ½ of a tablespoonful of vinegar and ½ of a dessertspoonful of salt, put in the leeks, previously tied in bundles, and boil gently for about 40 minutes, or until they are perfectly tender. Drain well, serve on toast, and pour the white sauce over them.

TIME.—About 40 minutes. SEASONABLE at any time. SUFFICIENT for 3 or 4 persons.

LENTILS, BOILED.

INGREDIENTS.—1 pint of lentils, 1 oz. of butter, ½ oz. of flour, ½ pint of stock or milk, 1 finely-chopped onion, salt and pepper.

METHOD.—Soak the lentils overnight in plenty of water, drain, cover them with boiling water, add a little salt, and boil gently until soft, but not broken. Fry the onion in the butter until lightly browned, add the flour, and when it has cooked for a few minutes put in the stock or milk, and stir the mixture until it boils. Strain and add the lentils, season to taste, cook gently for a few minutes, then serve. Or soak, boil, and drain the lentils as directed above, season to taste with salt and pepper, stir in a little butter, then serve.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

LETTUCES.

METHOD.—These form one of the principal ingredients of summer salads. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for salad carefully wash them free of dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France, the lettuces are sometimes merely wiped with a cloth, and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant; in this case, scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

OBTAINABLE all the year.

LIMA BEANS.

Fresh Lima beans may be treated in the same manner as fresh peas, and the dried beans may be prepared and cooked according to the directions given for dressing haricot beans and lentils.

MUSHROOMS, BAKED.

INGREDIENTS.—8 to 10 cup mushrooms, butter, pepper to taste.

METHOD.—For this method of cooking the cup mushrooms are better than the buttons, but should not be too large. Cut off a portion of stalk, peel the top, and put them at once into a baking-dish, with a very small piece of butter placed on each mushroom; sprinkle over a little pepper, and let them bake for about 20 minutes, or longer should the mushrooms be large. Have ready a very hot dish, pile the mushrooms high in the centre, pour the gravy round, and send to table quickly with hot plates.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

Note.—Meadow mushrooms are seasonable in September and October, cultivated varieties all the year.

MUSHROOMS, GRILLED.

INGREDIENTS.—Cup mushrooms, pepper and salt, butter, lemon-juice.

METHOD.—Carefully peel the mushrooms, cut off a portion of the stalk, and season with salt. Grill them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over a few drops of lemon-juice.

TIME.—About 10 minutes. SUFFICIENT, allow 2 to each person and 1 or 2 over.

MUSHROOMS, STEWED.

INGREDIENTS.—1 lb. of button mushrooms, 2 oz. of butter, ½ pint of cream or milk, 1 dessertspoonful of flour, the juice of ½ a lemon, salt and pepper.

METHOD.—Remove the skins, and cut off the ends of the stalks. Melt the butter in a stewpan, put in the mushrooms and lemon-juice, season with salt and pepper, cover closely, and cook gently for about ½ an hour, shaking the pan occasionally. Mix the flour and cream or milk smoothly together, pour the mixture into the stewpan, stir until the contents boil, simmer for about 10 minutes to cook the flour, then, if the mushrooms are tender, season to taste and serve.

TIME.—About 40 minutes. SUFFICIENT for 3 or 4 persons.

ONIONS, SPANISH, BAKED.

INGREDIENTS.—4 or 5 Spanish onions, salt, and water.

METHOD.—Put the onions, with their skins on, into a saucepan of boiling water, slightly salted, and let them boil quickly for about 1 hour. Then take them out, wipe them thoroughly, wrap each one in a piece of buttered paper, and bake them in a moderate oven for about 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

TIME.—About 1 to 1½ hours to boil; 2 hours to bake. SEASONABLE from October to April. SUFFICIENT for 4 or 5 persons.

ONIONS, SPANISH, STEWED.

INGREDIENTS.—4 or 5 medium-sized Spanish onions, 1 pint of brown stock or gravy.

METHOD.—Peel and trim the onions, cover them with cold water, bring to the boil and strain. Select a stewpan large enough to allow the onions to stand side by side, put in the stock, cover closely and simmer gently for about 1 to 1½ hours. Serve in a hot vegetable-dish with the gravy poured round.

TIME.—About 1½ to 2 hours. SUFFICIENT, allow 1 to each person.

PARSNIPS, BOILED.

INGREDIENTS. — Parsnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Wash the parsnips, scrape them thoroughly, and with the point of the knife remove any black specks about them, and should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water, salted in the above proportion, boil them rapidly until tender, which may be ascertained by piercing them with a fork or skewer, take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef; when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

TIME.—Large parsnips, about 1 to 1½ hours; small ones, ½ to 1 hour. SEASONABLE from October to May. SUFFICIENT, allow 1 lb. for 2 or 3 persons.

PARSNIPS, MASHED.

See **Turnips, Mashed.**

PEAS, GREEN.

INGREDIENTS.—1 quart of cooked green peas, 2 oz. of lean cooked ham cut into dice, 1 oz. of butter, 2 tablespoonfuls of good stock, 1 teaspoonful of flour, ½ a small onion finely-chopped, a pinch of castor sugar, a pinch of grated nutmeg, salt and pepper.

METHOD.—Fry the onion until lightly browned in the butter, add the flour and ham, stir over the fire for a minute or two, then put in the peas, stock, sugar, and nutmeg. Season to taste, simmer for about 10 minutes, stirring occasionally, then serve.

TIME.—About 1 hour, altogether. SEASONABLE from May to September. SUFFICIENT for 5 or 6 persons.

PEAS, GREEN, BOILED.

INGREDIENTS.—1 pint of green peas, mint, butter, salt and pepper.

METHOD.—Shell the peas, put them into boiling water, add a little salt, and a sprig of mint, and boil, with the saucepan uncovered, from 10 to 25 minutes, according to age and variety. Drain well, put them into a hot vegetable-dish, season with pepper, add a small piece of butter, and serve.

TIME.—From 10 to 25 minutes. SEASONABLE from May to September. SUFFICIENT for 3 or 4 persons.

PEASE PUDDING.

See recipe for **Boiled Pork and Pease Pudding**, p. 163.

POTATO BALLS.

INGREDIENTS.—About 1 lb. of mashed potatoes, salt and pepper to taste, if liked, a little minced parsley, egg and breadcrumbs, oil or dripping.

METHOD.—Boil and mash the potatoes (*see* Potatoes, Mashed), add a seasoning of pepper and salt, and when liked a little minced parsley. Roll the potatoes into small balls, cover them with beaten egg, and breadcrumbs, and fry in hot oil or dripping until light brown. Let them drain on a cloth or paper, dish them on a napkin, and serve.

TIME.—About 10 minutes to fry. SUFFICIENT for 3 or 4 persons.

Note.—Potatoes are seasonable at any time.

POTATO CHIPS.

See **Potatoes, Fried.**

POTATO CROQUETTES.

See **Potato Balls.**

POTATO SNOW.

INGREDIENTS.—1 lb. of potatoes, salt and water.

METHOD.—Choose white potatoes as free from spots as possible, boil them in their skins in salt and water until perfectly tender, drain and dry them thoroughly by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them after-

wards, or the flakes will fall; serve as hot as possible.

TIME.—About 40 to 50 minutes. SUFFICIENT for 3 or 4 persons.

POTATO STRAWS.

INGREDIENTS.—5 or 6 medium-sized potatoes, frying-fat, salt.

METHOD.—Peel and slice the potatoes thinly, cut them into strips about 1½ inches long, then wash and drain them well, and dry them on a cloth. Have ready a deep pan of hot fat, fry the straws in a basket until crisp, drain free from fat, sprinkle with salt, and serve.

TIME.—To fry, about 15 minutes. SUFFICIENT for 3 persons.

POTATOES, BAKED.

INGREDIENTS.—Sound potatoes.

METHOD.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the brown skin of a baked potato is by many persons considered the best part of it. Put them in a moderate oven, and bake them for about 2 hours, turning them three or four times while they are cooking. Serve them in a napkin immediately they are done, for if they are kept a long time in the oven they will have a shrivelled appearance.

TIME.—From 1 to 2 hours, according to size. SUFFICIENT, allow 1 for each person.

POTATOES, BOILED.

INGREDIENTS.—2 lb. of potatoes, salt.

METHOD.—Choose potatoes of equal size, scrub them, peel them thinly, wash them well in clean cold water, but do not let them remain in it for more than 10 minutes. Put them into a saucepan with sufficient BOILING water to cover them, add a teaspoonful of salt to each quart of water, and boil gently from 20 to 40 minutes, according to age and size. Ascertain when they are done by trying one with a skewer; if soft, drain off the water, put the saucepan by the side of the fire with the lid tilted, to allow the steam to escape, let them remain for about 10 minutes, then serve.

TIME.—From 20 to 40 minutes. SUFFICIENT for 4 or 5 persons.

Note.—Opinions are divided as to whether potatoes should be put into cold or boiling water. Those who adopt the former method can give no reason for so doing save that of its being an old custom, whereas many who have made a scientific study of the culinary treatment of this vegetable, assert, and with good reason, that the darker layer of potato immediately under the skin is composed almost entirely of gluten, a substance which, like albumen, when subjected to the temperature of boiling water, at once hardens, forming an impervious layer that prevents the water reaching the inner starchy part of the potato. Consequently, the potatoes are more dry and floury than they would otherwise be. Potatoes may be kept hot for some time without spoiling if covered with a folded cloth to absorb the moisture, and the saucepan itself uncovered to allow the steam to escape.

POTATOES, COLD, TO WARM.

INGREDIENTS,—1 lb. of cold potatoes, 1 oz. of butter, 2 tablespoonfuls of finely-chopped boiled onion, milk, salt and pepper.

METHOD.—Pass the potatoes through a sieve, or beat them smooth with a fork. Add the butter, onion, and sufficient milk to moisten them, season to taste with salt and pepper, and press the mixture into a well-greased mould or basin. Bake in a moderate oven for about ½ of an hour, then turn the potatoes out and serve. For other methods of utilizing cold potatoes, *see* Bubble and Squeak, Potato Balls, Potatoes, Mashed, and Baked.

TIME.—To bake the mould, about ½ of an hour. SUFFICIENT for 2 or 3 persons.

POTATOES, FRIED.

INGREDIENTS.—1 lb. of potatoes, hot oil or clarified dripping, salt.

METHOD.—Peel and cut the potatoes into thin slices, as nearly the same size as possible, parboil them, and dry them in a cloth. Make some oil or dripping quite hot in a

saucepan, and put in the potatoes, and fry to a nice brown. When they are crisp and done take them up, drain them on paper before the fire, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak. Cold potatoes also may be sliced and fried by the above recipe, but the slices must be cut a little thicker.

TIME.—Sliced raw potatoes, about 25 minutes; cooked potatoes, about 15 minutes. SUFFICIENT for 3 or 4 persons.

POTATOES IN JACKETS.

See **Potatoes, Baked.**

POTATOES, MASHED.

INGREDIENTS.—1 lb. of potatoes, 1 oz. of butter, 1 or 2 tablespoonfuls of milk, salt.

METHOD.—Peel and steam the potatoes over a saucepan of boiling water, or boil them in their skins, and afterwards peel them. In either case pass the potatoes through a wire sieve, or mash them well with a fork. Heat the butter in a stewpan, add the milk, stir in the potato, and season to taste with salt. Beat well with a wooden spoon, pile lightly in a hot dish, then serve. *See* Potato Snow.

TIME.—To steam from 40 to 50 minutes. SUFFICIENT for 3 persons.

POTATOES, MASHED AND BAKED.

INGREDIENTS.—1 lb. of cold mashed potato, 1½ oz. of butter, 1 heaped tablespoonful of grated cheese, preferably Parmesan, 1 tablespoonful of milk (about), the yolk of 1 egg, salt and pepper.

METHOD.—Boil the potatoes and rub them through a sieve whilst hot. Mix all the ingredients well together in a stewpan over the fire, then spread it on a floured board, and shape into rolls about 2½ inches long, and rather less than 1 inch in width. Or, cut into triangular or diamond-shaped pieces, place on a greased baking-tin, brush over with beaten egg, and bake them in a moderately hot oven until nicely browned. Before serving, brush over with warm butter, and sprinkle with finely-chopped parsley. The potatoes may be served as a separate dish, or used as a garnish for many entrées and "dressed vegetables."

TIME.—From 1½ to 1¾ hours. SUFFICIENT for 3 or 4 persons.

POTATOES, NEW.

See **Potatoes (to boil), New.**

POTATOES, ROASTED.

See **Potatoes, Baked.**

POTATOES, SAUTÉ OR TOSSED.

INGREDIENTS.—Potatoes, salt and pepper. To 5 or 6 allow 1 oz. of butter.

METHOD.—Choose rather waxy and even-sized potatoes, wash and boil them in their skins until three parts cooked, let them dry thoroughly, then peel and slice them rather thinly. Heat the butter in a sauté or frying-pan, put in the potatoes, and season with salt and pepper. Toss them over the fire until they acquire a little colour, then serve quickly.

TIME.—To sauté about 4 to 5 minutes. SUFFICIENT for 3 persons.

POTATOES (to Boil), NEW.

INGREDIENTS.—2 lb. of potatoes, water, salt, a sprig of mint.

METHOD.—Have the potatoes as fresh as possible, for they are never good when they have been some time out of the ground. Well wash them, rub or scrape off the skins, and put them and the mint into boiling water salted in the proportion of 1 heaped tablespoonful of salt to 1 gallon of water. Let them boil until tender; try them with a fork, and, when done, pour away the water. Allow them to stand by the side of the fire with the lid of the saucepan partially removed, and when they are thor-

oughly dry put them in a hot vegetable-dish, with a piece of butter the size of a walnut. If they are old, boil them in their jackets; drain, peel, and serve them as above, placing a piece of butter in the centre. Parsley chopped and mixed with the butter is an improvement.

TIME.—About ½ to ¾ an hour, according to the size. SEASONABLE in May and June, but may be forced in March and April. SUFFICIENT for 3 or 4 persons.

POTATOES (to Steam).

INGREDIENTS.—2 lb. of potatoes, boiling water.

METHOD.—This method of cooking potatoes is now much in vogue, from its convenience when large quantities are required. Pare the potatoes, throw them into cold water as they are peeled, then put them in a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 40 to 50 minutes, according to size and sort. When the fork goes easily through the potatoes they are done; then take them up, dish, and serve very quickly.

TIME.—About 40 to 50 minutes. SUFFICIENT for 4 or 5 persons.

PUMPKIN, MASHED.

See **Artichokes, Jerusalem, Mashed.**

SALSIFY, BOILED.

INGREDIENTS.—2 lb. of salsify: to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, a tablespoonful of lemon-juice.

METHOD.—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water mixed with a little lemon-juice, to prevent their discolouring. Put them into boiling water with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork, and, when it penetrates easily, the roots are done. Drain the salsify, and serve with good white sauce.

TIME.—About 30 to 40 minutes. SEASONABLE from December to March. SUFFICIENT for 4 or 5 persons.

Note.—Salsify may also be cooked according to any of the recipes given for dressing celery.

SAVOY, TO DRESS.

See recipes for COOKING CABBAGE.

SEA-KALE, BOILED.

INGREDIENTS.—1½ lb. of sea-kale; to each ½ gallon of water allow 1 heaped tablespoonful of salt, plain melted butter or white sauce.

METHOD.—Well wash the kale, cut away any worm-eaten pieces, and tie it into small bunches. Put it into boiling water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy; it will then take about ½ of an hour altogether.

TIME.—About 25 minutes. When liked thoroughly done, allow an extra 5 minutes. SEASONABLE from February to June. SUFFICIENT, 12 heads for 4 or 5 persons.

SPINACH, BOILED.

INGREDIENTS.—3 lb. of spinach, 1 oz. of butter, 1 tablespoonful of flour, salt and pepper.

METHOD.—Pick off the stalks, and wash the spinach in cold water until free from grit. Then put it into a saucepan with about a level tablespoonful of salt, and just sufficient water to cover the bottom of the pan. Boil uncovered from 15 to 25 minutes, occasionally pressing it down, and turning it over

with a wooden spoon. When done, rub it through a fine sieve; put it into a stewpan, with the butter, season well with pepper, sprinkle in the flour and stir over the fire for about 5 or 6 minutes. Serve on a hot dish garnished with croûtons of fried or toasted bread or fleurons of puff paste.

TIME.—From 20 to 30 minutes. SUFFICIENT for 4 or 5 persons.

Note.—Spring spinach is seasonable from March to July; winter spinach from November to March.

SPINACH CROUTES.

INGREDIENTS.—1 gill of spinach purée, ½ oz. of butter, ½ oz. of flour, 1 tablespoonful of cream, croutes of fried or toasted bread, 1 egg, salt, pepper and nutmeg.

METHOD.—Melt the butter in a stewpan, add the flour, cook a little, and moisten with the cream; boil up and add the spinach, season to taste with salt, pepper and nutmeg, and cook for about 10 minutes. Pile neatly on the prepared croutes, decorate with oval or diamond shapes of hard-boiled white of egg, and serve.

TIME.—To bake, about 20 minutes. SUFFICIENT for 3 persons.

SPINACH WITH BROWN GRAVY.

INGREDIENTS.—4 lb. of spinach, 4 tablespoonfuls of brown gravy, 1 tablespoonful of flour, salt, pepper.

METHOD.—Prepare and cook the spinach (*see* SPINACH, BOILED). Rub it through a fine sieve, put it into a stewpan with the butter, gravy, and a little pepper, sprinkle in the flour, and stir over the fire until the purée acquires a thick creamy consistency. The spinach may be piled on croûtons of fried or toasted bread, or served on a hot dish, surrounded by croûtons of fried bread, and garnished with leaves, or other small designs of puff paste, or white of egg.

TIME.—From 20 to 30 minutes. SUFFICIENT for 4 or 5 persons.

SPINACH WITH POACHED EGGS.

INGREDIENTS.—2 or 3 lb. of spinach purée, 4 poached eggs, fleurons of puff paste, or croûtons of fried bread.

METHOD.—Prepare the purée (*see* SPINACH, BOILED). Poach the eggs in as plump a form as possible, and trim them to a nice round shape. Serve the spinach on a hot dish, place the eggs on the top, and garnish the base with the fleurons or croûtons.

TIME.—About 30 minutes. SUFFICIENT for 3 or 4 persons.

TOMATO SALAD.

See recipe, p. 225.

TOMATOES, BAKED.

INGREDIENTS.—8 to 10 tomatoes, pepper and salt to taste, 2 oz. of butter, breadcrumbs.

METHOD.—Take the stalks off the tomatoes, cut them in halves, and put them into a deep baking-dish with a seasoning of pepper and salt and butter in the above proportion. Cover the whole with breadcrumbs; drop over these a little clarified butter, bake in a moderate oven from 20 to 30 minutes, and serve very hot. This is a very nice accompaniment to all kinds of roast meats. The tomatoes, instead of being cut in half, may be baked whole, but they will take rather longer to cook.

TIME.—About 20 to 30 minutes. SUFFICIENT for 5 or 6 persons.

Note.—Tomatoes are obtainable at any time.

TOMATOES, STEWED.

INGREDIENTS.—8 tomatoes, about ½ a pint of good gravy, thickening of butter and flour, cayenne, salt.

METHOD.—Take out the stalks of the tomatoes, put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are tender, occasionally carefully turning them that they may be

equally done. Thicken the gravy with a little butter and flour worked together on a plate, let it boil for about 10 minutes after the thickening is added, then serve.

TIME.—From 20 to 25 minutes. SUFFICIENT for 4 to 5 persons.

TOMATOES, STUFFED.

INGREDIENTS.—6 medium-sized tomatoes, 6 croûtons of fried or toasted bread, 1 heaped tablespoonful of finely-chopped lean cooked ham, 1 dessertspoonful of breadcrumbs, 1 small teaspoonful of grated cheese (preferably Parmesan), 1 teaspoonful of finely-chopped mushrooms, ½ a teaspoonful of finely-chopped parsley, 1 very small onion finely-chopped, ½ an oz. of butter, 1 tablespoonful of brown sauce (about), browned breadcrumbs, salt and pepper.

METHOD.—Remove the stalks of the tomatoes, and scoop out a little of the pulp. Mix together all the above ingredients, except the brown sauce and browned breadcrumbs, in a small stewpan over the fire, adding gradually sufficient brown sauce slightly to moisten the whole. Season to taste, fill the tomatoes with the preparation, sprinkle on the top of each a few browned breadcrumbs, and bake them in a moderate oven for about 15 minutes. Serve on the croûtons.

TIME.—About ½ an hour. SUFFICIENT for 5 or 6 persons.

TURNIP-GREENS, BOILED.

INGREDIENTS.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt, turnip-greens.

METHOD.—Wash the greens well in 2 or 3 waters, pick off all the decayed and dead leaves, tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly with the saucepan uncovered, and, when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string and serve.

TIME.—About 15 to 20 minutes. SEASONABLE in March, April, and May. SUFFICIENT, allow 1 lb. for 4 or 5 persons.

TURNIPS AU GRATIN.

INGREDIENTS.—4 or 5 medium-sized young turnips, 2 oz. of butter, Béchamel sauce, stock, breadcrumbs, salt and pepper.

METHOD.—Peel thinly 4 or 5 medium-sized young turnips, cut them into slices, wash and drain them. Melt 1½ oz. of butter in a stewpan; when hot put in the turnips, and stir over a brisk fire, season with pepper and salt, moisten with a little stock, cook till tender, then drain thoroughly. Arrange the slices or the purée in a well-greased gratin or pie-dish, sauce over with a well-reduced Béchamel sauce, sprinkle the surface with fine breadcrumbs, and add a few tiny bits of butter. Bake in a sharp oven for about 10 minutes, to brown the top.

TIME.—About 30 minutes. SUFFICIENT for 3 or 4 persons.

Note.—Turnips are seasonable at any time.

TURNIPS, BOILED.

INGREDIENTS.—Turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

METHOD.—Pare the turnips, and, should they be very large, divide them into quarters, but if they are small let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander, let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled mutton, but are nicer when mashed than served whole; unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

TIME.—Old turnips, about ½ to 1½ hours; young ones, about 18 to 20 minutes. SUFFICIENT, allow 1 lb. to 2 or 3 persons.

for 2 hours, stirring occasionally. When ready to serve arrange the salad in a pyramidal form in a salad-bowl, garnish with strips of gherkin and chopped capers, and serve.

TIME.—About 2½ hours.

CRESS SALAD.

INGREDIENTS.—A bunch of watercress, half as much mustard and cress, 1 egg, French Orleans vinegar, tarragon vinegar, Provence oil, mignonette pepper, salt.

METHOD.—Mix together equal quantities of French Orleans vinegar, Provence oil, and tarragon vinegar. Season this with salt and mignonette pepper. Have ready some small cress and watercress thoroughly washed and trimmed. Drain well, and pour over the prepared dressing. Mix well but lightly, and put into a salad-bowl. Garnish with hard-boiled egg, and serve.

TIME.—About ½ an hour.

CUCUMBER SALAD.

INGREDIENTS.—1 cucumber, ½ a teaspoonful of finely-chopped parsley, vinegar, salad-oil, salt, pepper.

METHOD.—Peel the cucumber thinly, cut it into very thin slices, and place them in a salad-bowl or dish. Mix 2 parts of salad-oil with 1 part of vinegar, add the parsley, salt and pepper to taste, stir well, and pour over the cucumber.

TIME.—About ½ an hour.

EGG SALAD.

INGREDIENTS.—3 hard-boiled eggs, 1 small crisp lettuce, a few slices of beetroot, 1 dessertspoonful of capers, 1 teaspoonful of chopped parsley, 1 slice of toasted bread, 1 tablespoonful of cream (optional), 1 dessertspoonful of mayonnaise sauce.

METHOD.—Cut the eggs across into rather thick slices; wash, trim, and dry the lettuce thoroughly; if cream is used, whip it stiffly, and add it, with ½ a teaspoonful of parsley, to the mayonnaise sauce. Place the round of toast in a salad-bowl; upon it arrange a layer of lettuce leaves, then a layer of mayonnaise, cover with slices of egg, and season with salt and pepper. Repeat until the materials are used, piling the centre somewhat high, garnish with the capers, slices of beetroot, and sprinkle on the rest of the parsley.

TIME.—About ½ an hour.

ENDIVE SALAD.

INGREDIENTS.—2 heads of endive, cress, shredded celery, boiled beetroot, salad dressing.

METHOD.—Separate the endive into tufts, toss these in dressing, pile high in a salad-bowl, and garnish with cress, celery and beetroot.

TIME.—About ½ an hour.

ENGLISH SALAD.

INGREDIENTS.—1 shredded lettuce, a bunch of watercress, a small handful of mustard and cress, sliced radishes, a few spring onions finely sliced, sugar, salt, pepper, equal parts of oil and vinegar, sliced tomatoes.

METHOD.—Mix together the lettuce, cress, radishes, and onions. Add a little sugar and salt and pepper to the oil and vinegar, pour it over the salad, and serve garnished with sliced tomatoes.

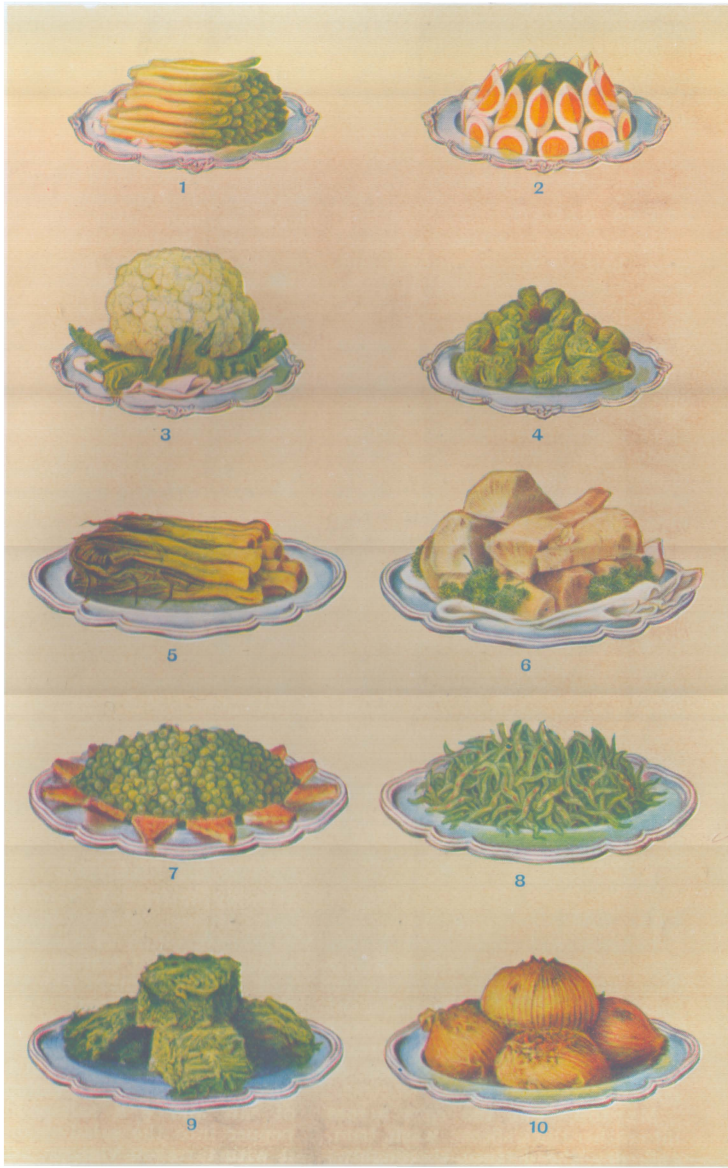
TIME.—About ½ an hour.

LETTUCE SALAD.

INGREDIENTS.—A head of cabbage lettuce, 1 hard-boiled egg, 2 tablespoonfuls of salad-oil, ½ a saladspoonful of tarragon vinegar, ½ of a teaspoonful of chopped parsley, salt and pepper.

METHOD.—Trim, wash, and dry the lettuce thoroughly, tear it into shreds, and place it in a salad-bowl. Put about 1 saltspoonful of salt and ½ a saltspoonful of pepper into the salad-spoon. Fill it with tarragon vinegar, stir until the salt is dissolved, then pour the contents of the spoon over the salad. Add 2 tablespoonfuls of salad-oil,

VEGETABLES.



1—Asparagus. 2—Spinach, with Eggs. 3—Cauliflower. 4—Brussels Sprouts.
5—Leeks. 6—Parsnips. 7—New Peas. 8—French Beans.
9—Cabbage. 10—Braised Onions.

mix the salad, place on the top the egg cut into quarters, sprinkle over the chopped parsley, and serve.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

ONION SALAD.

INGREDIENTS.—1 lb. of large mild onions, finely-chopped parsley, pepper and salt, oil, vinegar.

METHOD.—Peel the onions, cover them with cold water, bring to boiling-point, and drain. Let them remain in cold water for about 6 or 7 hours, changing the water repeatedly. Slice thinly, season with salt and pepper, moisten with vinegar, and more liberally with oil, sprinkle with parsley, then serve.

TIME.—About ½ an hour after the onions are cooked and cold. SUFFICIENT for 5 or 6 persons.

POTATO SALAD.

INGREDIENTS.—¾ lb. of small potatoes, 2 oz. of lean bacon, ½ a small onion finely-chopped, ½ a teaspoonful of finely-chopped parsley, 1 dessertspoonful of mayonnaise sauce, vinegar, salt and pepper.

METHOD.—Boil the potatoes in their skins, peel and slice them whilst hot. Cut the bacon into dice, fry it until nicely browned, then drain well from fat, and put it into a basin with the sliced potato and onion. Season with salt and pepper, stir in the mayonnaise sauce, and about 1 tablespoonful of vinegar. Mix carefully so as not to break the potato, and serve in a salad-bowl with the surface sprinkled with the parsley.

TIME.—About 2 hours.

SHRIMP SALAD.

INGREDIENTS.—1 pint of picked shrimps, 2 or 3 tablespoonfuls of mayonnaise sauce, sliced cucumber, shredded lettuce.

METHOD.—Stir the sauce into the shrimps, put the mixture in a salad-bowl or dish, garnish with cucumber and lettuce, then serve.

TIME.—About ½ an hour.

SPINACH AND EGG SALAD.

INGREDIENTS.—1 pint of young spinach leaves, 3 spring onions chopped, 2 hard-boiled eggs, oil, vinegar, salt and pepper.

METHOD.—Wash the spinach free from grit, dry it thoroughly, and mix it with the onions. Add a few drops of vinegar to 1 dessertspoonful of oil, season with salt and pepper, pour it over the spinach, and mix well. Turn into a salad-bowl, garnish with sections of egg, and serve. A salad of cooked spinach may be made by pressing the purée into a mould or moulds, which, when cold, are turned out and garnished with sections of egg.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

SUMMER SALAD.

INGREDIENTS.—2 lettuces shredded, a handful of mustard and cress, 8 radishes sliced, ½ a small cucumber sliced, salad-dressing.

METHOD.—Place a little salad-dressing at the bottom of a salad-bowl, put in the lettuce, etc., and serve when well mixed.

TIME.—About 15 minutes. SUFFICIENT for 3 or 4 persons.

TOMATO SALAD.

INGREDIENTS.—6 firm medium-sized tomatoes, 1 teaspoonful of finely-chopped parsley, 2 teaspoonfuls of salad-oil, 1 tablespoonful of vinegar, 1 teaspoonful of mixed mustard, salt and pepper.

METHOD.—Scald the tomatoes in boiling water for 1 minute, drain on a cloth, and carefully remove the stems and skin. When cool, cut them into thin slices, and place them in a salad-bowl. Put 2 saltspoonfuls of salt and 1 saltspoonful of pepper into a basin, add the mustard, pour in the vinegar and oil, and mix thoroughly with a wooden spoon. When ready, add the chopped parsley to the dressing, and pour over the tomatoes.

TIME.—About ½ an hour. SUFFICIENT for 5 or 6 persons.

VEGETABLE SALAD, MIXED.

INGREDIENTS.—1 small cooked cauliflower, 1 small cooked beetroot, 1 small cucumber, 2 or 3 firm cooked potatoes, 2 firm tomatoes, 1 crisp lettuce, ½ pint of salad-dressing.

METHOD.—Divide the cauliflower into small sprays, cut the beetroot and potatoes into fine strips, slice the cucumber and tomatoes. Place all these ingredients in layers in a salad-bowl, piling somewhat high in the centre, and season each layer with salt and pepper. Pour over the salad-dressing, and garnish with a border of lettuce.

TIME.—About ½ an hour.

SALAD DRESSINGS.

MAYONNAISE DRESSING.

INGREDIENTS.—¼ pint of milk or single cream, ¼ pint of vinegar, 3 yolks of eggs, 1 tablespoonful of salad-oil, 1 tablespoonful of sugar, 1 tablespoonful of salt, 1 dessertspoonful of mustard.

METHOD.—Mix the oil, sugar, salt, and mustard well together in a basin, add the well-beaten yolks of eggs, next the vinegar, and lastly the cream or milk. Stand the basin in a saucepan containing sufficient boiling water to surround it to half its depth, and stir the mixture over the fire until it acquires the consistency of custard. This dressing, if tightly bottled, will keep for several days.

MAYONNAISE SAUCE.

See recipe, p. 93.

RÉMOULADE SAUCE.

INGREDIENTS.—½ a pint of salad-oil, 2 tablespoonfuls of tarragon vinegar, 1 teaspoonful of made mustard, 1 raw yolk of egg, a few leaves each of tarragon, burnet, chives, and parsley, 1 saltspoonful of salt, ¼ saltspoonful of pepper, ½ a saltspoonful of castor sugar.

METHOD.—Blanch the herbs for a minute or so in boiling water, then dry them well and chop them finely. Put the yolk of egg into a small basin, add the salt and pepper, stir briskly with a wooden spoon until very thick, then work in the oil, drop by drop at first, and afterwards more quickly. A few drops of vinegar should be added at intervals during the mixing, and when the desired consistency is obtained, the mustard, herbs and sugar may be stirred in and the sauce used.

SALAD CREAM.

INGREDIENTS.—4 tablespoonfuls of cream, 1 tablespoonful of vinegar, ½ a teaspoonful of made mustard, 1 saltspoonful of castor sugar, ½ a saltspoonful of salt.

METHOD.—Mix the mustard, salt, and sugar smoothly together, stir in the cream, add the vinegar drop by drop, and use as required.

SALAD DRESSING.

INGREDIENTS.—1 dessertspoonful of boiled potato, 1 tablespoonful of salad-oil or thick cream, 1 dessertspoonful of vinegar, 1 saltspoonful of sugar, 1 saltspoonful of salt, ¼ of a saltspoonful of pepper.

METHOD.—Mix the potato, sugar, salt and pepper smoothly together, add the oil gradually, and when perfectly smooth stir in the vinegar, drop by drop, and use as required.

TARTARE SAUCE.

See recipe, p. 97.

VINAIGRETTE SAUCE.

See recipe, p. 97.

PASTRY MAKING.

THE quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of cold air in the pastry when expansion takes place in the oven. The best pastry is therefore that which contains the greatest quantity of the coldest air prior to baking. The repeated foldings and rollings to which puff-paste is subjected have this increase of air in view; while in short-crust the expansion is aided by adding baking-powder, or other acid and alkaline substances, which, when moistened, combine to form a constituent identical in its composition and effect with that of the atmospheric air to which puff-paste entirely owes its lightness. The difference between puff, or flaky and short-crust is that in the former there are thin layers of air and pastry alternating, and in the latter the air fills small cavities all over the paste.

RECIPES FOR PASTE, CRUST, ETC.

BATTER FOR FRYING.

INGREDIENTS.—4 oz. of flour, ½ oz. of butter melted, 1 tablespoonful of cream or milk, 1 yolk of egg, 2 whites of eggs, a good pinch of salt, ¼ pint of warm water (about).

METHOD.—Sieve the flour into a basin, add the salt, yolk of egg, butter, and cream or milk, and stir until smooth, adding the water gradually. Beat well, put aside for at least ½ an hour, then add the white of eggs, previously stiffly-whisked, and use as required.

TIME.—About 1 hour.

CHOUX PASTE.

INGREDIENTS.—4 oz. of fine flour, 4 oz. of butter, 2 oz. of sugar, 2 eggs, ½ pint of water, salt, vanilla essence or other flavouring.

METHOD.—Put the water, butter, sugar and a good pinch of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for at least 10 minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavouring ingredient and use as required.

TIME.—About ½ an hour.

DRIPPING CRUST (For Plain Pies and Puddings).

INGREDIENTS.—½ lb. of flour, 3 to 4 oz. of clarified dripping, ¼ pint of water.

METHOD.—With a knife mix the flour to a smooth paste, adding the water gradually. Roll the paste out thinly, place ⅓ of the dripping over it in small pieces,

and fold over. Repeat this process twice, using ½ of the fat each time, and use as required.

TIME.—About 20 minutes. SUFFICIENT for 1 lb.

FLAKY PASTE (For Pies, Tarts and Tartlets).

INGREDIENTS.—6 oz. of flour, 4 oz. of butter, or butter and lard mixed, ½ gill of water (about).

METHOD.—Sieve the flour into a basin, and rub in lightly one-third of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree in this respect; roll it out into a long, narrow strip. Divide the remainder of the butter into three equal portions; put one portion on the paste in small pieces, dredge lightly with flour, fold it evenly in three, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for about 1 hour in a cool place before being used. In making-up, handle as lightly, and roll as evenly, as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

TIME.—About ½ an hour to bake the pastry.

PANCAKE BATTER.

See **Batter for Frying**, p. 227, **and Yorkshire Pudding**, p. 249.

PASTE FOR RAISED PIES.

INGREDIENTS.—½ lb. of flour, 3 oz. of lard, ½ gill of water, ¼ of a teaspoonful of salt.

METHOD.—Put the flour and salt into a warm basin, and let it stand near the fire until it feels dry and warm. Boil the lard and water for 5 minutes, then pour the mixture into the centre of the flour, and mix well with a spoon until cool enough to knead with the hands. Knead well, keeping it warm during the process, let it remain near the fire for about 1 hour, then re-knead and use at once.

Throughout the processes of mixing, kneading, and moulding, the paste must be kept warm, otherwise moulding will be extremely difficult. On the other hand, if the paste be too warm, it will be so soft and pliable that it cannot retain its shape, or support its own weight. Fine flour is not to be recommended for this purpose, for it is deficient in gluten, a sticky, tenacious substance which greatly increases the adhesive properties of the paste, and so makes it easier to mould.

TIME.—About 1½ hours. SUFFICIENT for 1 small pie.

PASTE (To Keep).

Paste not intended for immediate use should be enfolded in grease-proof or slightly greased paper, and kept in a cool dry place until required.

POTATO PASTE (For Tart Crust and certain Pastry).

INGREDIENTS. — 1 lb. of dry, floury potato, 1 lb. of flour, 2 oz. each of lard and dripping, 1 egg, a little warm milk, 1 good teaspoonful of baking-powder, a good pinch of salt.

METHOD.—Bake enough potatoes (in their skins) to yield 1 lb. of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking-powder and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about 1 inch in thickness, cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning 2 or 3 times during the

process, that both sides may be equally browned. Split, butter liberally, and serve at once.

TIME.—To bake, about 25 minutes. SUFFICIENT for 5 or 6 persons.

PUFF-PASTE (For Pies, Tarts and Tartlets).

INGREDIENTS.—½ lb. of flour, ½ lb. of butter, ½ teaspoonful of lemon-juice, about ¼ pint of cold water.

METHOD.—Wash and squeeze the butter in cold water, dry well in a floured cloth, shape into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sieve the flour on to a marble slab or board, make a well in the centre, put in the lemon-juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency; when soft, the paste must be equally so. Knead the paste until smooth, then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one half of the paste, fold the other half over, enclosing the butter entirely, and press the edges together with the rolling-pin. Let it remain in a cool place for about 15 minutes, then roll out to about three times the original length, but keeping the width the same, and fold exactly in three. Turn the paste round so that the folded edges are on the right and left, roll and fold again, and put aside for about 15 minutes. Repeat this until the paste has been rolled out six times. The rolling should be done as evenly as possible, and the paste kept in a long, narrow shape which, when folded, forms a square. Each time the paste is rolled out, it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its sixth roll, it is ready for use; it should be baked in a hot oven, and until the paste has risen and become partially baked the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

TIME.—About 1½ hours.

RICH SHORT-CRUST (For Pies, Tarts, etc.)

INGREDIENTS.—½ lb. of flour, 5 to 6 oz. of butter, 1 yolk of egg, 1 dessertspoonful of castor sugar, ½ a teaspoonful of baking-powder.

METHOD.—Rub the butter lightly into the flour, add the baking-powder, sugar, yolk of egg, and a little water if necessary, but this paste must be rather stiff, and when the butter is soft or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

TIME.—About a ½ of an hour. SUFFICIENT for a tart of medium size.

ROUGH PUFF, OR HALF-PUFF PASTE (For Pies, Tarts and Tartlets).

INGREDIENTS.—½ lb. of flour, 6 oz. of butter (or equal quantities of butter and lard), ½ a teaspoonful of lemon-juice, salt, about ¼ pint of water.

METHOD.—Sieve the flour on to a pasteboard, divide the butter into pieces about the size of a small walnut, and mix them lightly with the flour. Make a well in the centre, put in the lemon-juice, salt, and 1 tablespoonful of water, mix lightly, keeping the pieces of butter intact, and add water gradually until a moderately stiff paste is formed. Roll into a long strip, fold it equally in three, turn it round so as to have the folded

edges to the right and left, and roll out as before. Repeat until the paste has been rolled out four times, then use; or, if convenient, let it remain for about 1 hour in a cool place before being used.

TIME.—About ½ an hour. SUFFICIENT for 1 pie of average size.

SHORT-CRUST PASTE (For Pies, Tarts, etc.)

INGREDIENTS.—½ lb. of flour, 2 oz. of butter, 2 oz. of lard, 1 yolk of egg, 1 teaspoonful of baking-powder, a good pinch of salt, about ½ pint of water.

METHOD.—Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and as much water as is necessary to form a stiff paste. Roll out to the required thickness, and use at once.

TIME.—About ½ of an hour. SUFFICIENT for 1 medium-sized tart.

SHORT-CRUST PASTE, PLAIN (For Pies, Tarts, etc.).

INGREDIENTS.—½ lb. of flour, 3 oz. of lard, clarified fat or dripping, 1 teaspoonful of baking-powder (heaped), ¼ of a teaspoonful of salt, ½ pint of water.

METHOD.—Pass the flour, salt, and baking-powder through a sieve into a large basin, then rub in the fat, add the water, and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, 1 tablespoonful of sugar should be added to the above ingredients.

TIME.—About ½ of an hour. SUFFICIENT for 1 medium-sized tart.

SUET CRUST (For Meat Puddings, Fruit Puddings, Jam Roly-Poly, etc.).

INGREDIENTS.—½ lb. of flour, 6 oz. of suet, 1 heaped teaspoonful of baking-powder, ¼ of a teaspoonful of salt, about ½ of a pint of cold water.

METHOD.—Free the suet from skin, shred it into fine flakes, but do not chop it. Add the flour to the suet, and mix both well together in a basin, then add the salt, baking-powder, and as much water as is necessary to mix the whole into a fairly stiff paste. Knead lightly, then roll out, and use for any kind of pie or pudding intended to be eaten hot.

TIME.—About 2½ hours. SUFFICIENT for 1 large pie.

SWEET PASTE FOR TARTLETS.

INGREDIENTS.—1 lb. of fine flour, 8 oz. of castor sugar, 5 oz. of butter, 1 egg, the finely-grated rind of ½ a lemon.

METHOD.—Sieve the flour into a basin, make a well in the centre, put in the sugar, butter, egg, and lemon-rind, and mix the whole into a stiff paste. Roll out and use as required.

TIME.—About 10 minutes to make the paste.

TO GLAZE PASTRY.

Meat pies, patties, sausage-rolls, and similar articles are usually brushed over with well-beaten egg before, or during, the process of baking: when a deeper tone of colour is desired the yolk alone is used. Or, when economy is a point, and the white can be otherwise utilized, a little milk may be added to the yolk of egg when a larger quantity than is afforded by one yolk is required. Fruit tarts, puffs, etc., are usually brushed lightly over with cold water, and sprinkled liberally with castor sugar before baking. Or, when a thin coating of icing is desired, they are, when nearly baked, brushed over with well-beaten white of egg, and well dredged with castor sugar.

Note.—Paste not intended for immediate use should be enfolded in grease-proof or greased paper and kept in a cool place.

TARTS, TARTLETS, ETC.

ALMOND CHEESECAKES.

INGREDIENTS.—Short-crust paste, 4 oz. of ground almonds, 4 oz. of castor sugar, ½ oz. of cornflour, ½ oz. of butter, 1 egg, raspberry or strawberry jam, nutmeg.

METHOD.—Beat the egg, add it gradually to the cornflour, and stir until perfectly smooth. Add the sugar, almonds, butter (melted), and a pinch of nutmeg. Line 9 or 10 patty pans with paste, spread about ½ a teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from 20 to 25 minutes in a moderately hot oven.

TIME.—About 40 to 45 minutes. SUFFICIENT for 9 or 10 tartlets.

APPLE CHEESECAKES.

INGREDIENTS.—1½ lb. of apples, 3 oz. of sugar, 1 oz. of butter, 2 eggs, 1 lemon, short-crust paste.

METHOD.—Peel, core, and slice the apples, place them in a stewpan with the sugar, and 1 tablespoonful of water; simmer gently until tender, and rub them through a hair sieve. Return the apple-pulp to the stewpan, add the butter, lemon-juice and the rind finely grated, reheat, stir in the yolks of 2 eggs and the white of one, and cook until the mixture thickens. Have ready the patty-pans lined with paste partially baked, fill with the apple preparation, cover lightly with stiffly-whisked sweetened white of egg, and bake in a moderate oven for about 15 minutes.

TIME.—About 1¼ hours. SUFFICIENT for 12 cheesecakes.

APPLE TART.

INGREDIENTS.—1 lb. of apples, 1 tablespoonful of moist sugar, 2 cloves, or a ¼ of a teaspoonful of grated lemon-rind, short-crust paste.

METHOD.—Peel, core and cut the apples into thick slices. Roll the paste into an oval form a little larger than the top of the pie-dish, invert the dish in the centre of the paste, and cut round, leaving a ¼-inch margin on all sides. Line the edge of the pie-dish with the trimmings, put in half the apples, add the sugar, and flavouring ingredient, then the remainder of the fruit. Moisten the paste lining the edge of the dish with water, put on the cover, press the edges together and notch them at intervals of about ¼ of an inch. Bake in a brisk oven from 40 to 50 minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the tart immediately replaced in the oven. If the tart is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife, to allow some of the steam to escape, otherwise it may lose some of its crispness.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

APPLE TURNOVER.

See **Fruit or Jam Turnover.**

BAKEWELL TART.

INGREDIENTS.—½ lb. of short-crust paste, raspberry jam, 2 oz. of ground almonds, 2 oz. of castor sugar, 2 oz. of butter, 1 egg, essence of almonds.

METHOD.—Cream the butter and sugar together until thick and white, stir in the egg, add the almonds, also a few drops of essence of almonds, and beat well. Line a flat dish with the pastry, place a good layer of jam on the bottom and spread the mixture lightly on the top of it. Bake in a quick oven for about ½ an hour, and serve either hot or cold.

TIME.—About 1 hour. SUFFICIENT for 7 or 8 persons.

CHERRY TARTLETS.

INGREDIENTS.—¼ lb. of short-crust paste, ½ lb. of cooking cherries, 1 tablespoonful of moist sugar, 1 egg, castor sugar.

METHOD.—Remove the stalks from the cherries, put them into a small stewjar with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line 5 or 6 deep patty-pans with the paste, fill them with rice, placing a greased paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolk of egg previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly-whisked white of egg and sprinkle with castor sugar. Replace in the oven until the white of egg hardens, and acquires a little colour, then serve hot or cold.

TIME.—About 1¼ to 1½ hours. SUFFICIENT for 5 or 6 tartlets.

CHOCOLATE TARTLETS.

INGREDIENTS.—Short-crust paste, 1 oz. of grated chocolate, 2 oz. of cakecrumbs, 1½ oz. of castor sugar, 1 oz. of butter, ½ oz. of cornflour, 1 egg, chocolate icing.

METHOD.—Cream the yolk of the egg and sugar well together, add the cakecrumbs, chocolate, cornflour, and the butter melted. Whisk the white of egg stiffly, and stir it in as lightly as possible. Have ready 6 patty-pans lined with short-paste, fill them with the mixture, and bake in a moderately hot oven from 20 to 25 minutes. When cold cover the surface of each tartlet with chocolate icing, allow it to harden, then serve.

TIME.—To bake, from 25 to 30 minutes. SUFFICIENT for 6 tartlets.

COFFEE ÉCLAIRS.

INGREDIENTS. — Choux paste, Moka custard for filling, coffee, icing for covering.

METHOD.—Put the paste in a forcing bag with a plain tube, and force out even-sized shapes, similar to finger biscuits, on to a lightly-greased baking-tin, about 1 inch apart from each other. Bake to a nice fawn colour in a moderate oven. When done, split the sides with a sharp knife and fill each with 1 teaspoonful of Moka custard. Have ready some coffee icing, and dip each éclair into it, so as to cover the surface and sides well and smoothly. Place the éclairs on a wire tray to set, and dish up when required.

TIME.—About ½ of an hour.

CUSTARD TARTLETS.

INGREDIENTS.—Short-crust paste, 1 whole egg, 1 white of egg, ½ pint of milk, sugar.

METHOD.—Line 6 deep patty-tins with short-paste. Beat the egg, add the milk, and sweeten to taste. Fill the patty-pans with custard, and bake in a moderate oven until set. Have ready the white of egg stiffly-whisked and sweetened, pile lightly on the tartlets and replace them in the oven until the meringue hardens, and acquires a little colour. Serve cold.

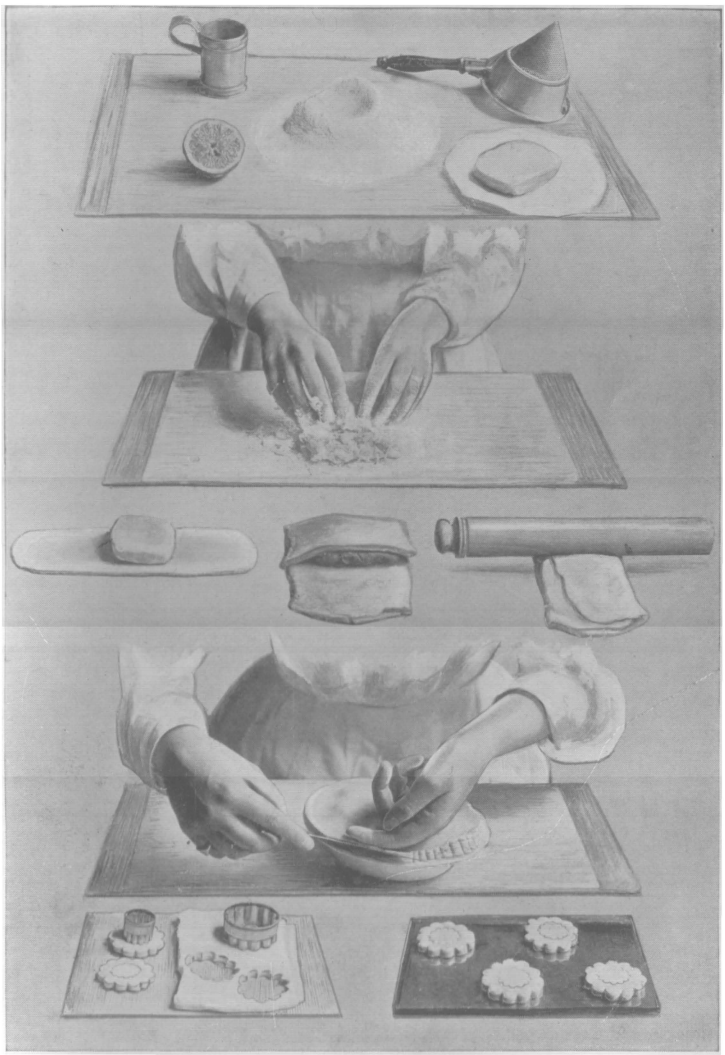
TIME.—From 25 to 30 minutes to bake. SUFFICIENT for about 6 tartlets.

DAMSON TART.

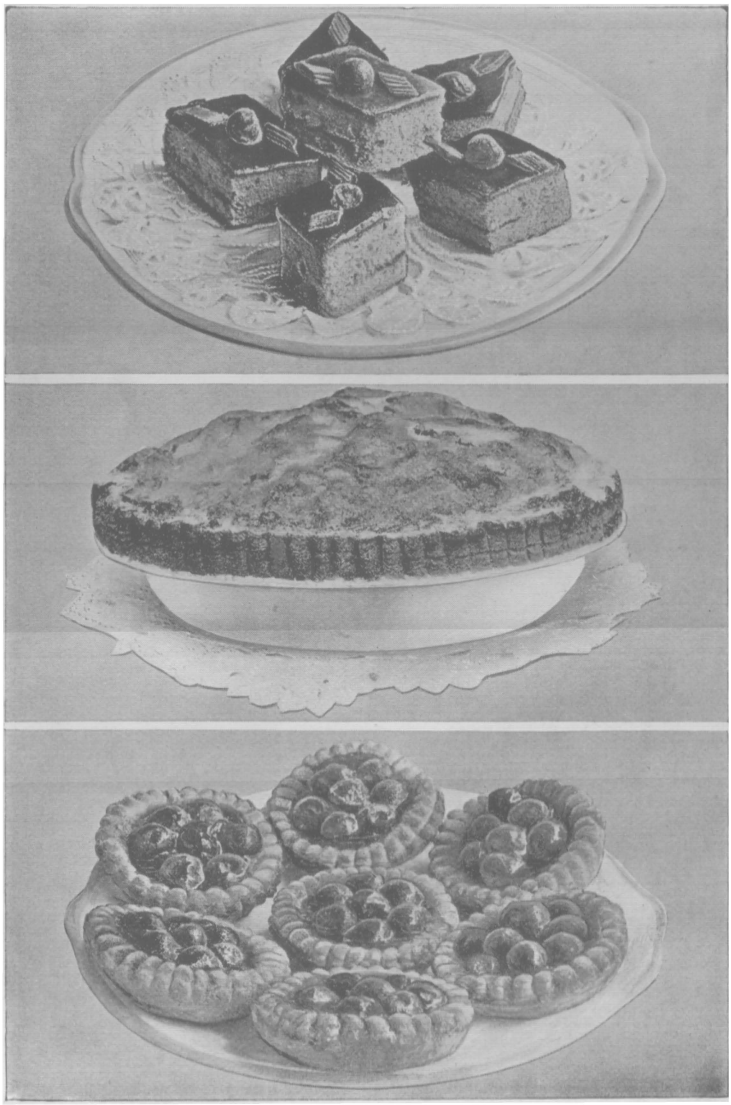
INGREDIENTS.—Short-crust paste, 1½ pints of damsons, 2 heaped tablespoonfuls of brown sugar, or to taste.

METHOD.—Prepare the crust as directed in Apple Tart, in the centre of the pie-dish place an inverted cup or a ventilating cup and funnel to retain the juice, half fill the dish with fruit, add the sugar, then put in the remainder of the fruit. Cover with paste, brush lightly over

HOW TO MAKE PASTRY



Sieve the flour, add water, and mix with the fingers; roll out and place the butter in the centre; fold the ends over, making an envelope for the butter; roll out; method of flaking edge of pies; method of cutting out tartlets or bouchées; tartlets for baking.



1. Sweet Pastry. 2. Gooseberry Tart. 3. Cherry Tartlets.

with cold water, sprinkle liberally with castor sugar, and bake in a quick oven.

TIME.—About 1¼ hours. SUFFICIENT for 5 or 6 persons.

FLAN OF APPLES.

INGREDIENTS.—3 or 4 apples, 1 tablespoonful of moist sugar, 2 tablespoonfuls of sherry (optional), 4 cloves, 2 whites of eggs, castor sugar, ½ lb. of flaky or short-crust paste.

METHOD.—Peel, core, and cut each apple into 8 sections, place them in a stewpan, add the cloves and sherry (if used), cover closely, stand the stewpan in a tin containing boiling water, and cook until tender, but not sufficiently so as to break easily. Meanwhile, line a 6-inch diameter flan or paste-ring with paste rolled out to about ¼ of an inch in thickness, fill it with rice, placed on an interlining of greased paper, and bake in a quick oven. When done, remove the rice and paper, fill with the apples arranged in a pyramid, strain the juice (if any) over them, and sprinkle well with sugar. Whisk the whites of eggs to a stiff froth, spread it lightly over the apples, dredge well with castor sugar, and bake in a cool oven until lightly browned. Serve either hot or cold.

There are two ways of making a flan without the aid of a ring. The first is by means of a round cake-tin. The tin is placed in the centre of the rolled-out paste, which is cut round, leaving a margin of about 1 inch to be afterwards raised and moulded to the shape of the tin. Before removing the tin a narrow-folded band of greased paper must be pinned lightly round this raised border. In the second method the bottom is cut out to the required size, and a narrow strip of paste fastened to the edge of it by means of white of egg. A band of paper must support the border, and in both cases the inside should be filled with rice (which should be kept for the purpose) before baking.

TIME.—About 1¼ hours. SUFFICIENT for 5 persons.

FRUIT OR JAM TURNOVER.

INGREDIENTS.—Short-crust or puff-paste, stewed fruit or jam, castor sugar.

METHOD.—Roll the paste out thinly, and cut it into rounds about 4 inches in diameter. Place a little fruit or jam in the centre of each round, moisten the edges with water, and fold the paste over on three sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake in a moderate oven.

TIME.—To bake, about 15 minutes.

GOOSEBERRY TART.

See **Damson Tart.**

LEMON CHEESECAKES.

INGREDIENTS.—Short-crust paste, 6 oz. of loaf sugar, 1½ oz. of butter, 1 egg, the grated rind and the juice of 1 lemon, finely-shredded candied peel.

METHOD.—Put the sugar, butter, lemon-rind, and strained lemon-juice into a stewpan, and stir until the sugar is dissolved. Beat the egg, add it to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool, dry place until required. Line the patty-pans with paste, three-quarters fill them with the preparation, add a few strips of candied peel, and bake for about 20 minutes in a moderately hot oven.

TIME.—To bake, about 20 minutes. SUFFICIENT for 1 dozen cheesecakes.

Note.—The above preparation, if closely covered and stored in a cool, dry place, will keep good for several weeks.

MAIDS OF HONOUR.

INGREDIENTS.—Puff-paste, 4 oz. of castor sugar, 2 oz. of Jordan almonds, ½ oz. of fine flour, 1 egg, 2 tablespoonfuls of cream, 1 tablespoonful of orange-flower water.

METHOD.—Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the egg, and mix in the flour, cream, and orange-flower water. Line 8 or 9 small tartlet moulds with paste, fill them with the mixture and bake in a moderate oven.

TIME.—To bake, about 15 minutes. SUFFICIENT for 8 or 9 tartlets.

MINCE PIES.

INGREDIENTS.—Puff-paste, mince-meat.

METHOD.—When the paste has had the necessary number of turns, roll it out to about a ¼ of an inch in thickness, and line some large-sized patty-pans with it. Fill with mince-meat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from 25 to 30 minutes.

TIME.—About 25 to 30 minutes to bake.

MOKA CUSTARD FOR ÉCLAIR FILLING.

INGREDIENTS.—1 gill of milk, 1 oz. of loaf sugar, ½ oz. of cornflour, ½ oz. of fresh butter, 1 egg, 1 teaspoonful of coffee essence, a few drops of vanilla essence.

METHOD.—Put the milk and sugar in a stewpan to boil. Mix the cornflour with a little cold milk, pour the boiling milk on this, mix thoroughly, return to the stewpan, and let it boil for a few minutes; add the flavouring essences and the butter, stir in the egg, continue to stir until the mixture binds, pour it in a basin, and let it cool.

TIME.—About 20 minutes. SUFFICIENT for 1 dish.

OPEN TART (Of any kind of Preserve).

INGREDIENTS. — Trimmings of puff-paste, any kind of jam.

METHOD.—Grease a tart-pan of the usual shape, roll out the paste to the thickness of ¼ of an inch, and line the pan with it, prick a few holes at the bottom with a fork to prevent the paste rising and blistering, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with preserve, place on it a few stars or leaves which have been previously cut out of paste and baked, and the tart is ready for table. By making the tart in this manner, both the flavour and the colour of the jam are preserved.

TIME.—About 10 minutes to bake.

ORANGE TARTLETS.

INGREDIENTS.—2 good oranges, 3 oz. of butter, 3 oz. of sugar, 2 eggs, ½ a teaspoonful of vanilla essence, short-crust paste.

METHOD.—Remove the rinds of the oranges as thinly as possible, and chop them finely. Cream the butter and sugar well together, beat each yolk in separately, add 2 tablespoonfuls of orange-juice, the orange rind and vanilla essence. Whisk the white of 1 egg stiffly, add it lightly to the rest of the ingredients, and pour the mixture into the tartlet-moulds, previously lined with paste. Bake from 15 to 20 minutes in a moderate oven, and when three-quarters baked dredge them well with castor sugar.

TIME.—About 30 to 40 minutes. SUFFICIENT for 9 or 10 tartlets.

PASTRY SANDWICHES.

INGREDIENTS. — Pastry trimmings, jam, castor sugar.

METHOD.—Knead the trimmings lightly into a smooth round ball, and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one half,

fold the other half over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of a blade of a knife mark the paste across in lines about 1 inch apart. Bake for about 20 minutes in a moderate oven, and when cold cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

TIME.—About 30 minutes.

PRUNE TARTS.

INGREDIENTS.—½ lb. of prunes, 1 tablespoonful of cranberry juice, sugar to taste, short-crust paste.

METHOD.—Scald the prunes, remove the stones, and take out the kernels; put the fruit and kernels into the cranberry juice, and add the sugar; simmer for about 10 minutes; when cold make the tarts. *See* recipe for Apple Tart. Any stone fruit can be cooked in the same way.

TIME.—About 1 hour. SUFFICIENT for 1 large or 2 medium-sized tarts.

RASPBERRY TARTLETS.

INGREDIENTS.—Short-crust paste, 1 pint of raspberries, ½ lb. of loaf sugar, ¼ pint of water, ½ a glass of brandy (optional), desiccated coco-nut.

METHOD.—Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until considerably reduced, then let it cool, and add the brandy (if used). Line 10 or 12 patty-pans with paste, fill them with rice, placed in greased papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, add an equal portion of syrup to each tartlet, sprinkle with a little desiccated coco-nut, and serve cold.

TIME.—To bake, from 10 to 15 minutes. SUFFICIENT for 10 or 12 tartlets.

RED-CURRANT AND RASPBERRY TART.

See recipe, p. 232, for **Damson Tart.**

ICINGS, FILLINGS, ETC.

ALMOND ICING.

(*See* recipe, p. 299).

ALMOND PASTE.

INGREDIENTS.—4 oz. of ground almonds, 6 oz. of loaf sugar, 1 white of egg, lemon-juice.

METHOD.—Put the sugar, with 1 tablespoonful of water, and a teaspoonful of lemon-juice into a stewpan, bring to the boil, skim well, and boil to 237° F. Pour the syrup on to the ground almonds, add about half the white of egg, mix well together, and use as required.

TIME.—About 10 minutes. SUFFICIENT for 1 small cake.

COFFEE ICING.

INGREDIENTS.—1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, 1 dessertspoonful of coffee essence.

METHOD.—Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling-point, and simmer for 4 or 5 minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

TIME.—About ½ an hour. SUFFICIENT for 1 small cake.

MINCEMEAT.

INGREDIENTS.—1 lb. of finely-chopped suet, 1 lb. of currants, washed and picked, 1 lb. of raisins, stoned and quartered, 1 lb. of chopped apples, 1 lb. of castor sugar, ½ lb. of sultanas, ¼ lb. of shredded mixed candied peel, 2 lemons, ½ gill of brandy, ½ a saltspoonful each of nutmeg, mace, and cinnamon.

METHOD.—Pare the lemons thinly; simmer the rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Mix all the ingredients well together, press into a jar, cover closely, and keep in a cool, dry place for at least 1 month before using.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 lb. of mincemeat.

MINCEMEAT (Economical).

INGREDIENTS.—1 lb. of chopped apples, ½ of a lb. of currants washed and picked, ½ a lb. of raisins stoned and quartered, ½ a lb. of finely-chopped suet, ½ a lb. of castor sugar, 2 oz. of chopped candied peel, the juice and grated rind of 1 lemon, 1 saltspoonful of grated nutmeg.

METHOD.—Mix all these ingredients well together, and keep in closely-covered jars in a cool, dry place, until required.

TIME.—About 1 to 1½ hours. SUFFICIENT for 3 or 4 lb. of mincemeat.

MOKA CUSTARD FOR FILLING ÉCLAIRS.

See recipe, p. 234.

ORANGE ICING.

INGREDIENTS.—6 oz. of icing sugar, the juice of 1 orange.

METHOD.—Put the sugar and orange-juice into a small stewpan, stir until well mixed and smooth, and pour an equal portion over the top of each tartlet.

TIME.—About 1½ hours. SUFFICIENT for 10 or 12 tartlets.

ROYAL ICING.

INGREDIENTS.—½ a lb. of icing sugar, 1 teaspoonful of lemon-juice, 1 white of egg.

METHOD.—Put the white of egg into a basin, add the sugar gradually and work well with a wooden spoon. When the preparation presents a smooth, white brilliant appearance, add the lemon-juice, and use as required.

TIME.—About ½ an hour. SUFFICIENT to ice 6 or 8 tartlets.

Note.—For Icings for Cakes *see* p. 299.

PUDDINGS, SOUFFLÉS, OMELETS AND FRITTERS.

Baked Puddings.—In baking puddings only a moderately hot oven should be used. Exceptions to this rule are puddings with pastry, which require a hot oven, at first, to set and brown the crust; once this is done the heat may be reduced. Such puddings as batters, and puddings containing beaten white of egg, require a hot oven to make them rise. Milk puddings without eggs should first be put into a hot oven for a short time to bring the milk to near boiling-point, but afterwards they should simmer gently in a very moderate oven; *puddings containing eggs must never be allowed to boil.* Bake custards in a tin standing in a little water and in an oven only moderately warm. A pudding to be baked must always be made more moist than one to be steamed or boiled, for baking dries up a pudding more than does either of the latter processes.

Boiled Puddings.—To ensure perfect cooking, the following rules, which apply equally to simple, plain or rich puddings, must be observed.

1. The mould or basin must be perfectly dry and well coated with butter or fat.

2. The pudding mixture must completely fill the mould or basin.

3. A scalded and floured cloth should be tied securely over the top of the basin, but rather loosely round a roly-poly or other pudding not boiled in a basin.

4. The water must be boiling rapidly when the pudding is put in.

5. The water must completely cover the pudding, and be deep enough to float those boiled in cloths, otherwise a plate or saucer must be placed at the bottom of the pan.

6. As the water boils away, boiling water must be added.

7. The pudding must stand a few minutes before being turned out, in order that some of the steam may escape, and thus cause the pudding to shrink and be less liable to break.

Steamed Puddings.—Puddings steamed over water are lighter than when immersed in it, but they cook more slowly. A quicker method, and one that gives practically the same results, is to stand the pudding in a saucepan containing boiling water to about half the depth of the mould or basin, the surrounding water being frequently replenished with more boiling water. A pudding to be steamed should not more than three-quarters fill the basin; and two folds of paper, made waterproof by being rubbed with butter or fat, should cover the top instead of a cloth, which prevents the pudding rising.

ARROWROOT PUDDING, BAKED.

INGREDIENTS.—½ of a pint of milk, 1 oz. of arrowroot, 1 tablespoonful of castor sugar, 2 eggs, a pinch of salt, ½ a teaspoonful of vanilla or other flavouring that may be preferred.

METHOD.—Mix the arrowroot smoothly with a little milk, boil the remainder, and add it to the mixed arrowroot, stirring all the time. Return to the saucepan and boil gently until it thickens, then cool slightly. Add the sugar, yolks of eggs previously well beaten, the flavouring, and stir by the side of the fire for a few minutes. Whisk the whites to a stiff froth, lightly add them to the rest of the ingredients, pour into a well-greased pie-dish, and bake slowly for about ½ an hour.

TIME.—About 45 minutes. SUFFICIENT for 4 or 5 persons.

BACHELOR'S PUDDING.

INGREDIENTS.—3 oz. of bread-crumbs, 3 oz. of currants cleaned and picked, 3 oz. of apples weighed after being pared and cored, 1½ oz. of sugar, 2 eggs, the grated rind of ½ a small lemon, 1 small teaspoonful of baking-powder, nutmeg, salt.

METHOD.—Chop the apples coarsely, add to them the bread-crumbs, currants, sugar, lemon-rind, a good pinch each of nutmeg and salt, mix well together, then stir in the well-beaten egg. Let the mixture stand for about ½ an hour; then stir in the baking-powder, add more milk if the mixture is at all stiff, and turn into a well-greased basin. Steam for about 3 hours, or boil for about 2½ hours, and serve with sweet melted butter sauce.

TIME.—About 3 hours. SUFFICIENT for 3 or 4 persons.

BAKEWELL PUDDING.

See **Bakewell Tart, p. 231.**

BANANA PUDDING.

INGREDIENTS.—2 bananas, 4 oz. of castor sugar, 4 oz. of flour, 1 oz. of butter, ½ gill of cream or milk, 2 eggs.

METHOD.—Cream the butter and sugar well together, beat in the yolks of the eggs separately, stir in the flour, and add the cream or milk, and the bananas thinly sliced. Whisk the whites of the eggs to a stiff froth, add them lightly to the rest of the ingredients, and pour the mixture into 1 large or several small well-greased moulds. Steam or bake a large pudding from 1 to 1½ hours, or small ones from 30 to 35 minutes. Serve with a fruit syrup or sweet sauce.

TIME.—From 1½ to 1¾ hours. SUFFICIENT for 5 or 6 persons.

BARONESS PUDDING.

INGREDIENTS.—6 oz. of finely-chopped suet, 6 oz. of flour, 6 oz. of raisins stoned, ½ pint of milk, ½ a saltspoonful of salt.

METHOD.—Mix all the dry ingredients together, add the milk, and stir well. Put into a well-greased basin, and boil or steam for about 3 hours. Serve with suitable sweet sauce, or a little sugar.

TIME.—About 3¼ hours. SUFFICIENT for 4 or 5 persons.

BATTER PUDDING, BAKED.

Make the batter exactly the same as for Yorkshire Pudding, and bake in a quick oven for about 35 minutes. Serve with sugar, butter and sugar, jam, or stewed fruit.

TIME.—About 2 hours.

Note.—The batter may also be baked in small cups or saucers (greased). It may be varied by the addition of any kind of fresh or tinned fruit, or raisins, currants, candied peel, etc.

BATTER PUDDING, BOILED.

INGREDIENTS.—½ to ¾ of a pint of milk, 4 oz. of flour, 2 eggs, a good pinch of salt.

METHOD.—Mix the flour and salt together, and make a well in the

centre of the flour. Beat the eggs thoroughly, strain them into the flour, and stir gently so that the flour becomes gradually incorporated. Add the milk a little at a time until the batter has the consistency of thick cream; then cover and let it stand for about an hour. When ready pour into a well-greased basin, cover with a scalded, well-floured cloth, and boil for about 1½ hours.

TIME. — Altogether, about 3 hours. SUFFICIENT for 4 persons.

Note.—Boiled batter puddings may be varied by the addition of either fresh or dried fruits. They should be placed in the basin, and the batter poured over them.

BLACK-CAP PUDDING.

INGREDIENTS.—4 oz. of flour, 1 oz. of sugar, 1 oz. of currants cleaned and picked, ½ pint of milk, 1 egg, 1 good pinch of salt.

METHOD.—Put the flour and salt into a basin, make a well in the centre of the flour, break in the egg, add the milk a little at a time, and stir, gradually working in the flour from the sides. When about half the milk has been used, give the batter a good beating, then add the rest of the milk, the sugar, and currants. The pudding may be cooked at once, but it will be lighter if first allowed to stand for about 1 hour. Cover with a greased paper, steam for about 1½ hours, and serve with melted butter.

TIME.—From 2 to 3 hours. SUFFICIENT for 3 or 4 persons.

BREAD AND BUTTER PUDDING, BAKED.

INGREDIENTS.—5 or 6 thin slices of bread and butter, 1 pint of milk, 2 eggs, 1 dessertspoonful of sugar, sultanas, currants, or candied lemon.

METHOD.—Cut off the crust, and divide each slice of bread into four squares, arrange them in layers in a well-greased pie-dish, and sprinkle each layer with sultanas or whatever is being used. Beat the eggs, add the sugar, stir until dissolved, then mix in the milk and pour gently over the bread, which should only half fill the dish. Let it stand at least 1 hour for the bread to soak, then bake in a moderately cool oven for nearly 1 hour.

TIME.—About 2½ hours. SUFFICIENT for 4 or 5 persons.

BREAD PUDDING, BAKED.

INGREDIENTS.—8 oz. of stale bread, 4 oz. of raisins or currants cleaned and picked, 2 oz. of finely-chopped suet, 2 oz. of sugar, 1 egg, a little milk, a pinch of nutmeg.

METHOD.—Break the bread into small pieces, cover them with cold water, soak for about ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, and stir in the sugar, suet, raisins, nutmeg, and mix well. Add the egg, previously beaten, and as much milk as is necessary to make the mixture moist enough to drop readily from the spoon. Pour into a greased pie-dish and bake gently for about 1 hour. When done, turn out on to a hot dish, and dredge well with sugar.

TIME.—About 1½ to 2 hours. SUFFICIENT for 5 or 6 persons.

BREAD PUDDING, BOILED.

INGREDIENTS.—1 lb. of stale bread, 6 oz. of raisins or currants cleaned and picked, 3 oz. of finely-chopped suet, 3 oz. of sugar, 2 oz. of peel, 1 egg, ½ pint of milk, a good pinch of nutmeg.

METHOD.—Break the bread into small pieces, cover with cold water, soak for about ½ an hour, then strain and squeeze dry. Beat out all the lumps with a fork, add the raisins, suet, sugar, peel, and nutmeg, and mix well. Beat the egg, add to it the milk, and stir into the rest of the ingredients. Put into a greased basin, and steam or boil for about 2 hours. Serve with a sweet sauce, if liked.

TIME.—About 3 hours. SUFFICIENT for 5 or 6 persons.

CABINET PUDDING, PLAIN.

INGREDIENTS.—5 or 6 thin slices of bread (*see* Note), 1 pint of milk, 1 large or 2 small eggs, 1 tablespoonful of sugar, 2 tablespoonfuls of raisins, a few drops of almond essence, or other flavouring.

METHOD.—Cut the raisins in halves and remove the stones. Cut the crusts off the bread, divide each slice into strips 1 inch wide, taper one end and trim to a uniform length. Have ready a well-greased basin, decorate with raisins, and line with strips of bread. Beat the egg, add the sugar, milk and flavouring, and stir until the sugar is dissolved. Cut all the bread-trimmings into dice, put them into the prepared basin, pour on the custard, cover with greased paper, and steam gently for about 1 hour.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

Note.—In place of bread, savoy, finger biscuits, or stale cake may be advantageously used for this pudding.

CANARY PUDDING.

INGREDIENTS.—2 oz. of flour, 1½ oz. of sugar, 1 oz. of butter, 1 egg, ½ a teaspoonful of baking-powder, milk.

METHOD.—Cream the butter and sugar together until thick and smooth, and add the egg. Beat well, then stir in the flour and baking-powder as lightly as possible, and add milk gradually until the mixture drops readily from the spoon. Pour into a well-greased mould, steam for about 1 hour, and serve with jam or custard sauce.

TIME.—About 1½ hours. SUFFICIENT for 3 or 4 persons.

CARAMEL PUDDING.

INGREDIENTS.—For the caramel: 2 oz. of loaf sugar, 2 tablespoonfuls of cold water. For the custard: ½ pint of milk, 2 eggs, 1 tablespoonful of castor sugar, a few drops of vanilla or other flavouring.

METHOD.—Boil the loaf sugar and cold water together until the liquid acquires a light-brown colour, then pour it into a charlotte or plain timbale mould, and turn the mould slowly round and round until every part of it is coated with the caramel. Beat the eggs, add to them the sugar, flavouring, and milk, and stir until the sugar is dissolved. Strain the custard into the mould, cover with a greased paper, steam very slowly for about 40 minutes, then turn out carefully. No other sauce is needed than the caramel, which runs off when the pudding is inverted. This pudding is equally nice hot or cold.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

CASTLE PUDDINGS.

INGREDIENTS.—1½ oz. of flour, 1½ oz. of castor sugar, 1 oz. of butter, 1 level teaspoonful of baking powder, 1 egg, a little milk, flavouring.

METHOD.—Cream the butter and sugar together, beat in the egg until the mixture is light and creamy. Sieve the flour and baking-powder together, stir lightly in, and add milk gradually until the mixture drops readily from the spoon. Three-parts fill some well-greased dariole-moulds, and steam for about 50 minutes, or bake for about half that length of time. Grated lemon-rind, vanilla, or any other flavouring ingredients may be added. Serve with jam, wine or custard sauce.

TIME.—About 1½ hours. SUFFICIENT for 3 or 4 persons.

CHESTNUT PUDDING.

INGREDIENTS.—3 oz. of chestnuts (weighed after the skins are removed), ½ an oz. of chocolate, 1 oz. of cakecrumbs, 1 oz. of flour, 1 oz. of butter, ½ oz. of castor sugar, 1 large or 2 small eggs, ½ pint of milk, ½ of a teaspoonful of essence of vanilla.

METHOD.—Bake or roast the chestnuts, remove both skins, put them into a stewpan with a very

small quantity of water, cook until tender, then rub through a fine sieve. Break the chocolate into small pieces, put it and the milk into a stewpan, and simmer until dissolved. In another stewpan melt the butter, stir in the flour, cook for a few minutes, then add the milk, and stir until it boils. The cake-crumbs must now be added, and the mixture stirred and cooked until it leaves the sides of the stewpan clear. Allow it to cool a little, then beat in the yolk of the egg, and add the chestnut purée and the vanilla essence. Whisk the white of egg to a stiff froth, stir it lightly into the mixture, pour into a well-greased mould, cover with greased paper, and either steam for about 1½ hours or bake in a moderately hot oven for about 1 hour. Serve with vanilla or custard sauce.

TIME.—About 2½ hours. SUFFICIENT for 3 or 4 persons.

CHOCOLATE PUDDING.

INGREDIENTS.—4 oz. of chocolate, 2 oz. of cake-crumbs, 2 oz. of flour, 2 oz. of butter, 1 oz. of castor sugar, 2 eggs, ½ pint of milk, ½ a teaspoonful of vanilla essence.

METHOD.—Break the chocolate into small pieces, put it with the milk into a stewpan, simmer until dissolved, and cool. In another stewpan melt the butter, stir in the flour, cook a little without browning, then put in the milk, and stir until boiling. Now add the cake-crumbs, and cook gently until the mixture becomes thick and leaves the sides of the stewpan clear. Let it cool a little, then beat in the yolks of the eggs, and add the vanilla essence. Whisk the whites to a stiff froth, stir them lightly into the mixture, pour into a well-greased plain mould, cover with greased paper, and steam for about 1½ hours, or bake for about 1 hour in a moderate oven. Serve with custard, chocolate, or vanilla sauce.

TIME.—About 2½ hours. SUFFICIENT for 5 or 6 persons.

CHRISTMAS PUDDING (Rich).

INGREDIENTS.—½ lb. of beef suet, 2 oz. of flour, ½ lb. of raisins, ¼ lb. of mixed peel, ½ a grated nutmeg, ½ oz. of ground cinnamon, 1 gill of milk, ½ oz. of mixed spice, 1 wineglassful of rum or brandy (optional), ½ lb. of breadcrumbs, ¼ lb. of sultanas, ¼ lb. of currants, 1 lemon, 2 oz. desiccated coco-nut or shredded almonds, a pinch of salt, 4 eggs.

METHOD.—Skin the suet and chop it finely. Clean the fruit, stone the raisins, finely shred the mixed peel, peel and chop the lemon-rind. Put all the dry ingredients in a basin and mix well. Add the milk, stir in the eggs one at a time, add the rum or brandy (if used), and the strained juice of the lemon. Work the whole thoroughly for some minutes, so that the ingredients are well blended. Put the mixture in a well-greased basin or pudding-cloth; if the latter is used it should be greased or floured.

TIME.—Boil for about 4 hours, or steam for at least 5 hours. SUFFICIENT for 8 or 9 persons.

CHRISTMAS PUDDING (Inexpensive).

INGREDIENTS.—¼ lb. of flour, ¼ lb. of breadcrumbs, 1 oz. of self-raising flour, ½ lb. of chopped suet, ½ lb. of sultanas, ½ lb. of raisins (stoned), 6 oz. of mixed candied peel, ¼ lb. of castor sugar, 1 lemon-rind and juice, 2 eggs, milk to mix.

METHOD.—Sift the two flours well together, mix the chopped suet with the flour, and add all the other dry ingredients. Stir in the beaten eggs and sufficient milk to make the mixture rather moist. Boil in 1 or 2 well-greased pudding basins for about 4 hours. A wineglassful of brandy may be added if liked.

TIME.—About 5 hours. SUFFICIENT for 2 small puddings.

COBURG PUDDINGS.

INGREDIENTS.—¼ pint of milk, 1½ oz. of flour, 1½ oz. of castor sugar,

1½ oz. of butter, 1½ oz. of currants cleaned and picked, 1 egg, 1 dessertspoonful of brandy, a pinch of nutmeg, a pinch of salt, and ½ teaspoonful of baking-powder.

METHOD.—Cream the butter and sugar together, add the egg gradually, and beat in well. Mix in the rest of the ingredients, pour into well-greased moulds and bake for about ½ an hour. Serve with wine sauce.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

COLLEGE PUDDING.

INGREDIENTS.—2 oz. of bread-crumbs, 2 oz. of finely-chopped suet, 1 oz. each of currants and sultanas cleaned and picked, 1 oz. of sugar, 1 egg, a pinch each of grated nutmeg, ground cloves, ground cinnamon, and salt, ½ teaspoonful of baking-powder.

METHOD.—Mix all the dry ingredients together, add the egg, previously well beaten, and stir until thoroughly mixed. Put the mixture into well-greased dariole-moulds, and either bake for about 25 minutes or steam about 35 minutes. Serve with wine sauce.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

CORNFLOUR PUDDING.

INGREDIENTS.—1 pint of milk, 2 tablespoonfuls of cornflour, 1 tablespoonful of castor sugar, 1 or 2 eggs, a pinch of salt, the grated rind of ½ a lemon.

METHOD.—Mix the cornflour smoothly with a little milk, boil the remainder, and add to it the cornflour, stirring all the time. Return to the saucepan, and boil gently until it thickens, then cool slightly. Add the sugar, yolk of egg, salt, and lemon-rind, and stir for a few minutes by the side of the fire. Whisk the white to a stiff froth, lightly add to the rest of the ingredients, pour into a greased pie-dish, and bake slowly for about ½ an hour.

TIME.—About 40 minutes. SUFFICIENT for 4 or 5 persons.

CRANBERRY PUDDING.

See **Apple Pudding, Boiled, and Damson Pudding, using Cranberries and adopting same method.**

CURRANT DUMPLINGS.

INGREDIENTS.—½ lb. of flour, 3 oz. suet, ½ lb. currants, rather more than ½ pint of water.

METHOD.—Chop the suet fine, mix it with the flour, and add the currants (washed, picked and dried), mix the whole to a limp paste with the water or milk; divide it into 4 or 5 dumplings; tie them in cloths and boil for about 1½ hours. If boiled without a cloth they should be dropped into boiling water, and be moved about at first, to prevent them from sticking to the bottom. Serve with a cut lemon, cold butter, and sifted sugar.

TIME.—In a cloth, about 1½ hours; without, about ½ hour. SUFFICIENT for 3 or 4 persons.

CURRANT PUDDING, BOILED.

INGREDIENTS.—½ lb. of currants cleaned, ½ lb. of suet finely chopped, ½ lb. of flour, milk, lemon, butter, sugar.

METHOD.—Mix the dry ingredients together, and add sufficient milk to form a stiff batter. Turn the mixture into a floured cloth, boil gently for about 2½ hours, and serve with a cut lemon, fresh butter, and sugar. (For directions for making a pudding of fresh fruit *see* Apple Pudding, and Damson Pudding.)

TIME.—To boil, about 3 hours. SUFFICIENT for 3 or 4 persons.

CUSTARD PUDDING, BAKED.

INGREDIENTS.—½ pint of milk, 1 dessertspoonful of loaf or castor sugar, 2 eggs.

METHOD.—Beat the eggs, add to them the sugar and milk, and stir until the sugar is dissolved. Strain into a greased pie-dish, and bake in a slow oven until set (about 30 minutes). When the oven is too

hot the dish should be placed in a tin of water, to prevent the custard baking too quickly.

TIME.—About 40 minutes. SUFFICIENT for 1 or 2 persons.

DAMSON PUDDING.

INGREDIENTS.—Suet crust, ½ of a pint of damsons, 1 tablespoonful of brown sugar, or to taste.

METHOD.—Line the basin as directed for Apple Pudding; half fill it with fruit, add the sugar and then the remainder of the fruit. Put on the cover, carefully seal the edges and if the pudding is to be boiled, tie on a scalded, well-floured cloth; if steamed, cover with greased paper. Cook from 2½ to 3 hours.

TIME.—From 3 to 3½ hours. SUFFICIENT for 3 or 4 persons.

DATE PUDDING.

INGREDIENTS.—¼ lb. of stoned and chopped dates, ¼ lb. of finely-chopped suet, ½ lb. of flour, a good pinch of salt, milk or water.

METHOD.—Mix the dry ingredients well together, add sufficient milk or water to moisten them slightly, and turn the mixture into a well-greased basin. Steam or boil from 2½ to 3 hours, or form into a roly-poly, enclose in a cloth, and boil gently for about 1½ hours.

TIME.—From 2 to 3½ hours. SUFFICIENT for 3 or 4 persons.

EMPRESS PUDDING.

INGREDIENTS.—1 pint of milk, 2 oz. of rice, 1 oz. of butter, ½ a tablespoonful of sugar, paste or paste trimmings, jam or stewed fruit, salt.

METHOD.—Simmer the rice in the milk until tender and fairly dry, then add the butter, sugar, and a good pinch of salt. Line the edge of the piedish with paste, then spread a thin layer of rice on the bottom of the dish, and cover thickly with jam or stewed fruit. Repeat until the dish is full, letting the top layer be of rice. Bake in a moderate oven for about ½ an hour, and serve with boiled custard sauce.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

FIG PUDDING.

INGREDIENTS.—4 oz. of dried figs, 3 oz. of finely-chopped suet, 2 oz. of breadcrumbs, 2 oz. of flour, 2 oz. of sugar, ¼ pint of milk, 1 egg, a pinch each of salt and nutmeg.

METHOD.—Chop the figs finely, add to them the rest of the dry ingredients, and mix well. Beat the egg, add the milk, pour into the mixture, and stir well. Turn into a greased basin, and steam for about 2½ hours. Serve with sweet sauce.

TIME.—About 3 hours. SUFFICIENT for 3 or 4 persons.

FRIAR'S OMELET.

INGREDIENTS.—4 sour cooking apples, 2 oz. of breadcrumbs, 2 oz. of sugar, 1 oz. of butter, 1 egg, ½ a lemon.

METHOD.—Pare, core, and slice the apples, stew them with the sugar, butter, grated rind and juice of the lemon until tender, then stir in the well-beaten egg. Put half the breadcrumbs at the bottom of a greased piedish, pour in the apple mixture, and cover with the rest of the breadcrumbs. Add a few bits of butter, and bake for about 15 minutes in a moderate oven.

TIME.—About 45 minutes. SUFFICIENT for 2 or 3 persons.

GINGER PUDDING.

INGREDIENTS.—6 oz. of flour, 6 oz. of golden syrup, 3 oz. of finely-chopped suet, ½ a teaspoonful of ground ginger, ½ a teaspoonful of baking-powder, ½ gill of milk, salt.

METHOD.—Mix the flour, suet, ginger, baking-powder, and a pinch of salt well together. Stir in the golden syrup and milk, turn the mixture into a well-greased basin, and cover with a greased paper. Steam for about 2 hours, and serve with custard or cornflour sauce.

TIME.—About 2½ hours. SUFFICIENT for 3 or 4 persons.

GOLDEN PUDDING.

INGREDIENTS.—4 oz. of breadcrumbs, 4 oz. of finely-chopped suet, 4 oz. of marmalade, 2 oz. of sugar, 2 eggs, milk, salt.

METHOD.—Mix the breadcrumbs, suet, sugar, and a good pinch of salt well together. Beat the eggs well, add the marmalade and milk, stir into the dry ingredients, and when well mixed turn into a greased mould or basin. Cover with a greased paper, steam from 2 to 2½ hours, and serve with cornflour, marmalade, or other suitable sauce.

TIME.—From 2½ to 2¾ hours. SUFFICIENT for 4 or 5 persons.

GOOSEBERRY PUDDING, BAKED.

INGREDIENTS.—1½ pints gooseberries, ½ pint of breadcrumbs, 2 oz. of sugar, or to taste, 1½ oz. of butter, 2 eggs, short-crust paste.

METHOD.—Cut off the tops and tails of the gooseberries, cook them until tender in a jar placed in a saucepan containing boiling water, then rub through a fine sieve. Add to the gooseberry purée the breadcrumbs, butter, sugar, and the egg well beaten. Have ready a piedish with the edge lined with paste, pour in the preparation, bake for about 40 minutes, or until set, then dredge well with castor sugar, and serve.

TIME.—About 2 hours. SUFFICIENT for 4 or 5 persons.

GOOSEBERRY PUDDING, BOILED.

See **Damson Pudding.**

GREENGAGE PUDDING.

See **Damson Pudding.**

GROUND RICE PUDDING.

See **Semolina Pudding.**

HASTY PUDDING.

INGREDIENTS.—1 pint of milk, sugar, flour, sago or tapioca, salt.

METHOD.—Boil up the milk; with the left hand sprinkle in sufficient flour, sago or tapioca to thicken the milk, stirring briskly meanwhile. Add a little salt and sugar to taste, stir and cook for about 10 minutes, and serve with cream and sugar, jam or treacle.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

HONEY PUDDING.

INGREDIENTS.—4 oz. of honey, 6 oz. of breadcrumbs, 1 oz. of butter, 1 oz. of hominy or semolina, 2 eggs, the grated rind of ½ a lemon, ½ a teaspoonful of ground ginger, 1 gill of milk.

METHOD.—Cook the hominy or semolina in the milk for about 10 minutes, then pour the preparation over the breadcrumbs, add the honey, lemon-rind, ginger, warmed butter, and the yolks of the eggs, and beat well. Whisk the whites stiffly, stir them lightly into the rest of the ingredients, and turn the mixture into a well-greased plain mould. Steam from 1½ to 2 hours, and serve with a suitable sauce.

TIME.—About 2 hours. SUFFICIENT for 5 or 6 persons.

LEMON PUDDING, BAKED.

INGREDIENTS.—2 lemons, 3 oz. of castor sugar, 2 oz. of cake crumbs, 2 eggs, 1 gill of cream or milk, short-crust paste.

METHOD.—Cream the sugar and the yolks of the eggs together until thick and white, add the juice of the lemons, the rinds grated, the cream or milk, cake crumbs, and lastly the stiffly-whisked whites of eggs. Have ready a piedish with the edges lined and decorated with paste (*see* Apple Amber), pour in the preparation, and bake in a moderate oven for about ½ an hour, or until set. Sprinkle the surface liberally with castor sugar, and serve hot.

TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

LEMON PUDDING, BOILED.

INGREDIENTS.—4 oz. of breadcrumbs, 1 oz. of flour, 2 oz. of

finely-chopped suet, 2 oz. of sugar, 1 lemon, 1 egg, milk.

METHOD.—Mix the breadcrumbs, flour, suet, and sugar together, add the well-beaten egg, the lemon-juice, and the finely-grated rind, add milk gradually until a stiff yet thoroughly moistened mixture is formed. Turn into a greased basin and steam for about 2½ to 3 hours. Serve with sweet sauce.

TIME.—About 3½ hours. SUFFICIENT for 3 or 4 persons.

MARMALADE PUDDING.

INGREDIENTS.—4 oz. of orange marmalade, 8 oz. of breadcrumbs, 6 oz. of finely-chopped beef suet, 2 eggs, ½ a teaspoonful of baking powder, a little milk.

METHOD.—Mix the suet, breadcrumbs, baking-powder, and a pinch of salt well together. Beat the eggs, add the marmalade, and when well mixed stir them into the dry ingredients. Beat the mixture lightly, and if at all stiff, add a little milk. Turn into a greased basin or mould, cover with greased paper, and steam from 2½ to 2¾ hours. Serve with suitable sauce.

TIME.—About 3½ hours. SUFFICIENT for 5 or 6 persons.

MERINGUE PUDDING.

This name may be given to any pudding covered with stiffly-whisked whites of eggs.

MILK PUDDINGS.

See **Rice Pudding, Tapioca or Sago, Custard and Cornflour Puddings.**

OATMEAL PUDDING.

INGREDIENTS.—1 tablespoonful of fine oatmeal, 1 dessertspoonful of flour, 1½ pints of milk, 1 egg, salt.

METHOD.—Mix the oatmeal and flour smoothly with a little cold milk, boil up the remainder, and add the blended oatmeal and flour. Stir and boil gently for about 5 minutes, add salt to taste, and, when cool put in the egg. Turn the whole into a greased piedish, bake gently for about 20 minutes, and serve with cream and sugar, or golden syrup.

TIME.—About 40 minutes. SUFFICIENT for 3 or 4 persons.

OXFORD PUDDING.

See **College Pudding.**

PANCAKES, FRENCH.

INGREDIENTS.—2 oz. of flour, 2 oz. of butter, 2 oz. of castor sugar, about 4 tablespoonfuls of jam, 2 eggs, ½ pint of milk.

METHOD.—Heat the milk in a stewpan. Cream the butter and sugar together until smooth, beat in the eggs, and stir in the flour lightly. Now add the warm milk, which will slightly curdle the mixture, beat well, then cover and let it stand for about 1 hour. Have ready 6 greased plates or large saucers, put an equal quantity of batter into each, bake quickly until the batter rises, then more slowly for about 10 minutes. Spread 5 of them with jam, which should be warm, place them on the top of each other, cover with the plain pancake, and dredge well with castor sugar. Serve quickly.

TIME.—About 1¼ hours. SUFFICIENT for 5 or 6 persons.

PARADISE PUDDING.

INGREDIENTS.—3 oz. of coarsely-chopped apples, 3 oz. of sugar, 3 oz. of currants, 4 oz. of breadcrumbs, 2 eggs, the finely-grated rind of ½ a lemon, salt and nutmeg to taste, 1 tablespoonful of brandy (optional).

METHOD.—Mix all the ingredients well together, turn into a well-greased mould or basin, and steam for about 2 hours. Serve with a suitable sauce.

TIME.—About 2½ hours. SUFFICIENT for 4 or 5 persons.

PLUM PUDDING.

See **Christmas Puddings.**

PLUM (FRESH) PUDDING.

See **Damson Pudding.**

QUEEN'S PUDDING.

INGREDIENTS.—4 oz. of finely-chopped suet, 2 oz. of castor sugar, 6 bananas sliced, 2 eggs, 1 breakfastcupful of wholemeal, 1 breakfastcupful of boiling milk.

METHOD.—Mix the suet, sugar, bananas, and meal together, add the milk, and cover closely. Let the preparation stand for at least 1 hour, then add the eggs, and a little more milk if at all stiff, and beat well. Turn into a greased basin, steam gently for about 1 hour, and serve with wine sauce.

TIME —To steam about 1 hour. SUFFICIENT for 5 or 6 persons.

RHUBARB PUDDING.

See **Apple Pudding.**

RICE PUDDING, BAKED.

INGREDIENTS.—1 pint of milk, 3 tablespoonfuls of rice, 1½ tablespoonfuls of sugar, salt, nutmeg.

METHOD.—Pick and wash the rice, place it in a greased piedish, add the sugar, milk, and a small pinch of salt. Sprinkle the surface lightly with nutmeg, and bake in a slow oven for about 2 hours.

TIME.—About 2 hours. SUFFICIENT for 3 or 4 persons.

Note.—Skim milk, and ½ an ounce of butter or a level tablespoonful of finely-chopped suet may be used instead of the new milk.

ROLY-POLY PUDDING.

INGREDIENTS.—8 oz. of flour, 4 oz. of finely-chopped suet, ½ a teaspoonful of baking-powder, 1 saltspoonful of salt, a little jam.

METHOD.—Mix the flour, suet, baking-powder and salt into a stiff paste with a little cold water. Roll it out into a long piece about ¼ of an inch thick, spread on the jam to within one inch of the edge, and moisten the sides and far end with water. Roll up lightly, seal the edges, wrap the pudding in a scalded pudding-cloth, and secure the ends with string. Boil from 1½ to 2 hours, or bake in a quick oven for about half that length of time.

TIME.—From 2 to 2½ hours. SUFFICIENT for 4 or 5 persons.

SAVOURY PUDDING.

INGREDIENTS.—4 oz. of stale bread, 2 oz. of finely-chopped suet, 1 level tablespoonful of fine oatmeal, 1 large onion, ½ a teaspoonful of salt, a good pinch of pepper, ½ teaspoonful of powdered sage, a good pinch of powdered mixed herbs, 1 egg.

METHOD.—Soak the bread in cold water for about ½ an hour, then drain away any unabsorbed liquor, squeeze from it as much moisture as possible, and beat out the lumps with a fork. Boil the onion in salt and water for about ten minutes, then cut it into dice. Mix all the ingredients, adding the beaten egg last. Melt as much dripping in a Yorkshire pudding tin as will form a very thin layer, put in the mixture, spread it evenly with a knife, and bake for about 1 hour in a moderate oven. When done, cut into squares and serve with good gravy. This pudding may be served with pork, duck, or goose.

TIME.—To bake about 1 hour. SUFFICIENT for 3 or 4 persons.

SEMOLINA PUDDING.

INGREDIENTS.—1½ pints of milk, 3 to 4 tablespoonfuls of semolina, 1 tablespoonful of moist sugar, 2 eggs, bay-leaf or other flavouring, salt.

METHOD.—Put the milk with a good pinch of salt and the bay-leaf into a stewpan; when boiling, sprinkle in the semolina and cook gently for about 10 minutes, stirring meanwhile. Cool slightly, remove the bay-leaf, stir in the sugar, yolks of the eggs, and lastly the stiffly-whisked whites of the eggs. Turn into a greased pie dish, and bake gently from 25 to 30 minutes.

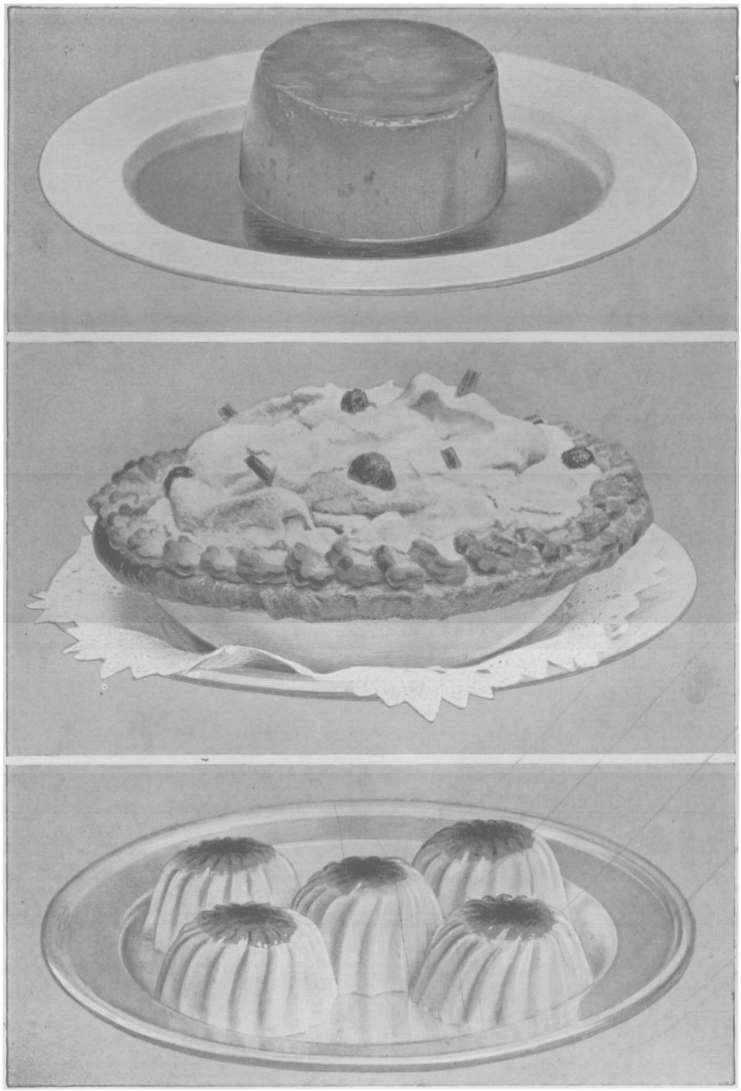
TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

Note.—In place of bay-leaf, lemon-rind or cinnamon may be used.

SWEETS

1. Plum Pudding. 2. Cheese Cakes. 3. Christmas Pudding.

PUDDINGS



1. Caramel Pudding. 2. Chestnut Pudding. 3. Ginger Creams.

SUET PUDDING.

INGREDIENTS.—6 oz. of flour, 3 oz. of finely-chopped suet, ½ a teaspoonful of baking powder, a good pinch of salt, cold water.

METHOD.—Mix the flour, suet, baking-powder, and salt together, and add water gradually until a rather stiff paste is formed. Shape it into a roll, wrap it in a pudding-cloth, which must be previously scalded and well dredged with flour on the inner side, and secure the ends with string. Put it into boiling water, and cook for about 2½ hours.

TIME.—About 2½ hours. SUFFICIENT for 3 or 4 persons.

Note.—The above mixture may also be made into dumplings which require boiling for two hours.

TAPIOCA OR SAGO PUDDING.

INGREDIENTS.—1 pint of milk, 2 tablespoonfuls of tapioca or sago, 1 tablespoonful of sugar, or to taste, 2 eggs (optional), nutmeg, salt.

METHOD.—Boil the milk, sprinkle in the tapioca or sago, stir until boiling, and simmer gently until it becomes clear, stirring occasionally. Add the sugar and a good pinch of salt, and when a little cool, the eggs, beaten. Pour into a greased pie-dish, and bake in a slow oven for about ½ an hour.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

TREACLE PUDDING.

INGREDIENTS.—½ lb. of flour, 4 oz. of finely-chopped suet, 1 oz. of breadcrumbs, treacle, the grated rind of ½ a lemon, ½ a teaspoonful of baking-powder, salt.

METHOD.—Mix the flour, suet, baking-powder, and a pinch of salt together, and form into a stiff paste with cold water. Divide it into two equal portions; with one line the basin, from the other portion cut off sufficient paste to form the lid, and roll the remainder out thinly. Put a layer of treacle in the basin, sprinkle liberally with breadcrumbs, and lightly with lemon-rind. From the rolled-out paste cut a round sufficiently large rather more than to cover the treacle, etc., in the basin, moisten the edges of it with water, and join them carefully to the paste lining the basin. Now add another layer of treacle, breadcrumbs, etc, and cover with pastry as before. Repeat until the basin is full, then cover with a greased paper, and steam for about 2½ hours.

TIME.—From 2½ to 3 hours. SUFFICIENT for 4 or 5 persons.

VANILLA PUDDING.

Follow the directions given for making custard puddings, and flavour the preparation with vanilla.

YORKSHIRE PUDDING.

INGREDIENTS.—1 pint of milk, 2 eggs, 4 heaped tablespoonfuls of flour, salt, dripping.

METHOD.—Put the flour and a good pinch of salt into a basin, make a well in the centre, break in the eggs, stir gradually, mixing in the flour from the sides, and add milk by degrees until a thick smooth batter is formed. Now beat well for about 10 minutes, then add the remainder of the milk, cover, and let it stand for at least 1 hour. When ready to use, cover the bottom of a pudding-tin with a thin layer of dripping taken from the meat tin, and while the tin and dripping are getting thoroughly hot in the oven, give the batter another good beating. Bake the pudding for about 10 minutes in a hot oven partially to cook the bottom, or, if more convenient, place the hottest shelf from the oven on the meat stand, and at once put the pudding in front of the fire, and cook it until set and well browned. "Yorkshire" pudding is always cooked in front of the fire; when baked in the oven, the term "batter pudding" is applied to it by the people in the county whence it derives its name.

TIME.—About 40 minutes.

SOUFFLÉS.

Soufflés and Soufflé-Omelets.—Moulds or tins in which soufflés are to be steamed or baked should, after being well coated with cool clarified butter, have a band of three or four folds of buttered paper tied round their rim to support the soufflé when it rises above the level of the tin. The success of soufflés and soufflé-omelets depends largely upon the whites of the eggs being whisked to a proper degree of stiffness. When the eggs are fresh, all that is necessary to ensure this is careful separation from the yolks, the addition of a pinch of salt, and that the air whisked in is as cold as possible. Another important factor is the cooking. Soufflés are lighter when steamed than when baked, but great care is needed to keep the water surrounding them at simmering-point and yet prevent it actually boiling.

RECIPES FOR SOUFFLÉS.

CHOCOLATE SOUFFLÉ.

INGREDIENTS.—2 oz. of finely-grated chocolate, 3 oz. of flour, 2 oz. of sugar, 1 oz. of butter, ½ pint of milk, 2 yolks of eggs, 3 whites of eggs, ½ a teaspoonful of vanilla essence, custard, or sweet sauce.

METHOD.—Place the milk and chocolate in a small stewpan, and simmer gently until dissolved. Melt the butter, stir in the flour, add the chocolate mixture, and boil well. Let it cool a little, add the vanilla, sugar, the yolks of eggs one at a time, give the whole a good beating, then stir in as lightly as possible the stiffly-whisked whites of eggs. Turn into a well-greased mould, and steam gently from 45 to 50 minutes. Serve the sauce round.

TIME.—From 1¼ to 1½ hours. SUFFICIENT for 5 or 6 persons.

CUSTARD SOUFFLÉ.

INGREDIENTS.—2 oz. of butter, 2 oz. of flour, ½ pint of milk, 3 eggs, 2 tablespoonfuls of castor sugar.

METHOD.—Melt the butter in a stewpan, stir in the flour, and add the milk. Boil up and cook over the fire for about 5 minutes, stirring briskly meanwhile, then add the sugar and beat in the yolks of the eggs. Whisk the whites stiffly, stir them lightly in, turn the mixture into a greased pie-dish, and bake in a hot oven for about 20 minutes. Serve with fruit sauce.

TIME.—To bake about 20 minutes. SUFFICIENT for 4 or 5 persons.

PINEAPPLE SOUFFLÉ.

INGREDIENTS.—Preserved pineapple, 4 oz. of best flour, 4 oz. of castor sugar, 4 oz. of butter, ½ pint of milk, 3 eggs, 2 inches of vanilla-pod, angelica.

METHOD.—Bring the milk and vanilla-pod to boiling-point, then draw the stewpan aside for about ½ an hour for the contents to infuse. Meanwhile heat the butter in another stewpan, stir in the flour, cook over the fire for a few minutes, then add the strained milk, and stir and boil well. Let it cool slightly, then beat in the yolks of eggs, add the sugar, 2 good tablespoonfuls of pineapple cut into small dice, and very lightly stir in the stiffly-whisked whites of eggs. Have ready a well-greased soufflé-mould with the bottom decorated with strips, or circles of angelica and pineapple, pour in the mixture, cover with a greased paper, and steam very gently from 45 to 60 minutes. Unmould, and serve with pineapple or other sweet sauce.

TIME.—From 1 to 1½ hours. SUFFICIENT for 5 or 6 persons.

RICE AND APPLE SOUFFLÉ.

INGREDIENTS.—1 lb. of sour cooking apples, 2 oz. of ground rice, 2 oz. of castor sugar, 1 oz. of butter, 2 eggs, ¼ pint of milk, 2 tablespoonfuls of moist sugar, or to taste, the rind of ½ a lemon thinly pared, 1 clove, ½ an inch of stick cinnamon.

METHOD.—Cook the apples with 2 tablespoonfuls of water, the moist sugar, butter, lemon-rind, clove, and cinnamon in a jar placed in a saucepan of boiling water, and when soft rub them through a hair sieve. Meanwhile, mix the ground rice smoothly with a little cold milk, boil the remainder, add the blended rice and milk, and simmer gently for about 15 minutes. Now add the sugar, let the mixture cool a little, then add each yolk of egg separately, give the whole a good beating, and lastly stir in very lightly the stiffly-whisked whites of eggs. Fill a well-greased soufflé-dish with alternate layers of rice and apple purée, piling each layer of rice in a pyramidal form. Dredge well with castor sugar, and bake for about 30 minutes.

TIME.—To bake, 25 to 35 minutes. SUFFICIENT for 5 persons.

VANILLA SOUFFLÉ.

INGREDIENTS.—1 oz. of fine flour, 1 oz. of butter, 1 gill of milk, 3 eggs, 1 dessertspoonful of castor sugar, vanilla essence.

METHOD.—Melt the butter, stir in the flour, add the milk, and cook; stir until the mixture leaves the sides of the stewpan clean. Let this panada cool slightly, add the sugar and vanilla, the yolks of eggs one at a time, and beat well. Whisk the whites to a stiff froth, stir them lightly in, and pour the mixture into a well-greased soufflé-mould. Cover with a greased paper, and steam very gently for about 40 minutes, or bake in a hot oven for half that length of time.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

RECIPES FOR OMELETS.

JAM OMELET.

See **Sweet Omelet.**

RUM OMELET.

INGREDIENTS.—3 eggs, ½ oz. of butter, 1 tablespoonful of cream, 1 teaspoonful of castor sugar, a pinch of salt, 1 small glass of rum.

METHOD.—Beat the eggs well, add the cream, sugar, and the salt. Heat the butter in an omelette-pan, pour in the eggs, stir until they begin to set, then fold quickly towards the handle of the pan. Cook a little longer to brown the under surface, then turn on to a hot dish, pour the rum round, light it and serve at once.

TIME.—About 10 minutes. SUFFICIENT for 2 persons.

SWEET OMELET.

INGREDIENTS.—4 fresh eggs, 1 tablespoonful of cream or milk, 1 oz. of fresh butter, 1 teaspoonful of castor sugar, a pinch of salt.

METHOD.—Beat the eggs well, and add the salt, sugar, and cream or milk. Heat the butter in an omelet-pan, then pour in the eggs; stir with a spoon or fork until they begin to set, and fold towards the side of the pan in the form of a crescent. Cook for 1 minute longer, then turn on to a hot dish, dredge with castor sugar, and serve as quickly as possible.

TIME.—About 6 or 8 minutes.

Note.—Variety may be introduced by adding a little warm jam or fruit purée; it should be spread lightly in the centre of the omelet just before it is folded over.

RECIPES FOR FRITTERS.

To fry successfully anything coated with batter the fat must be hot enough immediately to harden the surface of the beignets or fritters, and thus prevent it soaking in and making them greasy, and yet it must not be sufficiently hot to brown them before they are crisp and well cooked. *See* also Notes on Frying, p. 53.

ALMOND FRITTERS.

INGREDIENTS.—2 oz. of ground almonds, ½ an oz. of cornflour, 2 eggs, 1 oz. of castor sugar, a few drops of vanilla, frying fat.

METHOD.—Stir the yolks of the eggs and the sugar together until creamy, then add the almonds, vanilla, cornflour, and the whites of eggs stiffly whisked. Have ready a pan of hot frying-fat, clarified butter and olive oil, drop in the prepared mixture in teaspoonfuls, and fry a pale brown colour. Drain, and serve as hot as possible.

TIME.—About 30 minutes.

APPLE FRITTERS.

INGREDIENTS.—4 apples, 2 tablespoonfuls of flour, 2 tablespoonfuls of warm water, 1 dessertspoonful of salad-oil, or oiled butter, 1 white of egg, salt, sugar, frying-fat.

METHOD.—Pare and core the apples, cut them into slices of even thickness, sprinkle them well with sugar, and let them remain thus for about ½ an hour. Sift the flour and salt in a basin, add the oil and the water gradually, stir until smoothly mixed, then beat well. Let the mixture stand for at least 1 hour, and then stir in the stiffly-whisked white of egg. Dip each apple-ring into the batter, take it up on the point of a skewer, and drop at once into hot fat. Fry rather slowly until crisp and lightly browned, then drain well, dredge with castor sugar, and serve.

TIME.—Altogether, about 1 hour.

BANANA FRITTERS.

INGREDIENTS.—6 firm bananas, frying-batter, castor sugar, frying-fat.

METHOD.—Cut each banana lengthwise and across, thus forming four portions. Coat them completely with the prepared batter, fry them in hot fat until nicely browned, and drain well. Sprinkle with castor sugar, and serve.

TIME.—About ½ of an hour.

BREAD AND BUTTER FRITTERS.

INGREDIENTS.—4 slices of thin bread and butter, jam, frying-fat, frying-batter, castor sugar.

METHOD.—Make the batter (*see* Apple Fritters). Spread half the slices of bread and butter with jam, cover with the remainder, and cut into four squares. Dip them into the prepared batter, drop them into hot fat, and fry slowly until crisp and lightly browned. Drain well, dredge with castor sugar, and serve as hot as possible.

TIME.—To fry, about 15 minutes.

FRIED PUFFS.

See **Soufflé Fritters.**

FRUIT FRITTERS.

See **Apple Fritters.**

PINEAPPLE FRITTERS.

See **Apple Fritters.**

PLAIN FRITTERS.

See **Soufflé Fritters.**

SOUFFLÉ FRITTERS.

INGREDIENTS.—Choux paste, frying-fat, castor sugar.

METHOD.—Prepare the paste as directed, drop teaspoonfuls of it into hot fat, and fry rather slowly until crisp and lightly browned. Drain well, dredge with castor sugar, and serve.

TIME.—To fry, about 20 minutes.

COLD SWEETS.

APPLE COMPÔTE.

INGREDIENTS.—1 lb. sour apples, ½ lb. of loaf sugar, ½ a lemon.

METHOD.—Peel and core the apples, put the sugar in a saucepan, with ½ a pint of water, boil up. Skim and reduce to a syrup, then put in the apples, and the thinly-cut rind of ½ a small lemon, also its juice (strained); cook gently till the apples are tender.

TIME.—About ½ of an hour. SUFFICIENT for 3 or 4 persons.

Note.—If liked, the apples may be cut in halves or quarters.

APPLE CUSTARD.

INGREDIENTS.—2 lb. of apples, 6 oz. sugar, 3 eggs, 1 pint of milk.

METHOD.—Peel, core, and slice the apples, stew them with 4 oz. of sugar and 2 or 3 tablespoonfuls of water until tender, then pass through a hair sieve, or beat to a pulp. Bring the milk nearly to boiling-point, put in the remainder of the sugar and the beaten yolks of eggs, stir and cook gently until the mixture thickens, but do not allow it to boil. Whisk the whites of eggs to a stiff froth, and sweeten with a little castor sugar. Place the apple pulp at the bottom of a pie-dish, pour the custard on top, and cover lightly with the white of egg. Sprinkle the surface liberally with castor sugar, and bake in a moderately cool oven until the meringue hardens and acquires a little colour.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

APPLE FOOL.

INGREDIENTS.—1 pint of apple pulp, ¼ pint of stiffly-whipped cream, sugar to taste.

METHOD.—Bake or stew the apples, pass them through a fine sieve, sweeten to taste, and stir in the cream. Serve in a glass dish.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

APPLE SNOW.

See **Apple Custard.**

APPLE TRIFLE.

INGREDIENTS.—1 lb. of sour cooking apples, 3 oz. of sugar, ¼ of a pint of cream, ¼ pint of boiled custard, 2 sponge cakes, the finely-grated rind of ½ a small lemon, glacé cherries, angelica.

METHOD.—Peel, core, and slice the apples, stew them with the lemon-rind, sugar, and 1 tablespoonful of water in a jar until tender, and rub through a hair sieve. Cut each sponge cake into three or four slices, place them in a glass dish, cover with the apple purée, pour over the custard, and let the preparation stand until perfectly cold. Then whip the cream stiffly, spread it lightly over the entire surface, and garnish with halved cherries and strips of angelica.

TIME.—Altogether, about 2 hours. SUFFICIENT for 4 persons.

APPLES IN RED JELLY.

INGREDIENTS.—6 apples, 6 oz. of loaf sugar, 1 tablespoonful of gelatine, 1 pint of boiling water,

the thinly-cut rind of 1 lemon, 4 cloves, white of egg, castor sugar, cochineal.

METHOD.—Peel and core the apples, place them in a stewpan large enough to allow them to stand side by side, pour over them the hot water, in which the loaf sugar has been previously dissolved, and add the lemon-rind and cloves. Cover and stew very gently until the apples are tender, then remove them, brush the tops of them with white of egg, and sprinkle liberally with castor sugar. Add the gelatine to the contents of the stewpan, stir until dissolved, then strain into a basin, and colour red with cochineal. Place the apples in a deep glass dish, pour the syrup round, and put aside in a cold place until set.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

APRICOT COMPÔTE.

See **Compôte of Fruit.**

APRICOT MOULD.

INGREDIENTS.—1½ pints of milk, 2 oz. of ground rice, 1 oz. of castor sugar, 4 tablespoonfuls of apricot jam, or ½ gill of apricot pulp, and ½ gill of cream.

METHOD.—Bring the milk to boiling-point, sprinkle in the ground rice, and simmer for about 10 minutes. Dilute the jam or pulp with a tablespoonful of hot water and press it through a sieve or strainer into the stewpan. Add the sugar, and when well mixed pour the preparation into a wetted border mould. Let it stand until set, then turn out, and pile the stiffly-whipped sweetened cream in the centre.

TIME.—From 25 to 30 minutes. SUFFICIENT for 5 or 6 persons.

ARROWROOT BLANC-MANGE.

INGREDIENTS.—4 heaped tablespoonfuls of arrowroot, sugar to taste, 1½ pints of milk, lemon-rind, vanilla or other flavouring.

METHOD.—Mix the arrowroot smoothly with a little cold milk, bring the remainder to boiling-point, put in the flavouring ingredients, and infuse for about 20 minutes. Strain the milk over the blended arrowroot and stir; replace in the stewpan, sweeten to taste, and boil gently for a few minutes. Rinse the mould with cold water, pour in the preparation, and put aside until set. Serve with stewed fruit, jam or cold custard sauce.

TIME.—About 35 minutes. SUFFICIENT for 4 or 5 persons.

BANANA TRIFLE.

INGREDIENTS.—½ pint of cream, ½ pint of lemon jelly, 6 bananas, ½ oz. of gelatine, 2 tablespoonfuls of apricot jam sieved, a good tablespoonful of almonds, 2 dozen of ratafias, 1 small wineglassful of sherry, carmine for colouring.

METHOD.—Pass the bananas through a hair sieve, add the jam, cool liquid jelly, and the sherry. Dissolve the gelatine in a tablespoonful of water, mix with the other ingredients, add a few drops of carmine to brighten the colour, and pour into a deep dish. Blanch, shred, bake the almonds brown, and let them become perfectly cold. When ready to serve, whip the cream stiffly, sweeten to taste with castor sugar. Pile lightly on the top of the jellied preparation, sprinkle the almonds over the entire surface, and garnish the base with ratafias.

TIME.—About 3 or 4 hours. SUFFICIENT for 1 dish.

BLANCMANGE.

See **Arrowroot Blancmange, Cornflour Blancmange, etc.**

BLANCMANGE, CHEAP.

INGREDIENTS.—¼ lb. sugar, 1 quart milk, 1½ oz. of isinglass or gelatine, the rind of ½ lemon, 4 bay laurel-leaves.

METHOD.—Put the ingredients in a lined saucepan and boil gently until the isinglass is dissolved, and keep stirring the mixture over the fire for about 10 minutes; take the laurel-leaves out when it is sufficiently flavoured; strain through a fine sieve into a jug, and, when nearly cold, pour into a well-oiled mould, omitting the sediment at the bottom. Turn it out carefully on a dish, and garnish with preserves, jelly, or a compôte of fruit.

TIME.—Altogether, about ½ hour. SUFFICIENT to fill a quart mould.

BORDER OF FIGS, WITH CREAM. *See* Fig Mould.

CHOCOLATE MOULD.

INGREDIENTS.—4 oz. of chocolate, 1 oz. of castor sugar, 1 oz. of gelatine, 1 pint of milk, vanilla.

METHOD.—Soak the gelatine in 1 or 2 tablespoonfuls of milk, and boil the remainder with the chocolate. When perfectly smooth, stir in the sugar and gelatine, add vanilla essence to taste, let the mixture cool a little, then pour into 1 large or several small moulds.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

COFFEE CUSTARD.

INGREDIENTS.—Coffee essence, 2 eggs, ½ a pint of milk, sugar.

METHOD.—Bring the milk nearly to boiling-point, pour it over the eggs previously beaten, and add sugar and coffee essence to taste. Pour the custard into greased china ramakin cases, bake until set, and serve either hot or cold.

TIME.—About 20 minutes. SUFFICIENT for 6 or 8 ramakins.

Note.—Also *see* Moka Custard for Filling Eclairs.

COLD CABINET PUDDING.

INGREDIENTS.—Savoy biscuits, 2 oz. of ratafias, ½ a pint of milk, ½ a gill of cream, 1 oz. of sugar, ½ an oz. of leaf gelatine, 3 eggs, glacé cherries, vanilla essence, wine jelly.

METHOD.—Decorate the bottom of a charlotte-mould, previously lined with a layer of jelly, with halves or rings of cherries, and line the sides of the mould with biscuits, placing them alternately back and front next the tin. Bring the milk nearly to boiling-point, add the eggs, previously beaten up, and stir by the side of the fire until they thicken. Dissolve the gelatine and sugar in 1 or 2 tablespoonfuls of water, strain into the custard, and add vanilla essence to taste. Place the ratafias and trimmings of the Savoy biscuits in the mould, add the cream to the custard when cool, and pour into the mould. Let it stand in a cool place until set, then turn out.

TIME.—About 1 hour. SUFFICIENT for 1 medium-sized mould.

COMPÔTE OF FRUIT.

INGREDIENTS.—½ lb. of loaf sugar, ¼ pint of water, fruit either fresh or preserved.

METHOD.—Dissolve the sugar in the water, boil until well reduced, skimming meanwhile. Immersion for a few minutes is all that is necessary when using preserved fruits; but fresh fruit must be simmered in the prepared syrup until sufficiently cooked, but not broken.

TIME.—About 30 minutes. SUFFICIENT for 4 or 5 persons.

CORNFLOUR BLANCMANGE.

INGREDIENTS.—2½ oz. of cornflour, 1 tablespoonful of castor sugar, 2 pints of milk, bay-leaf or other flavouring.

METHOD.—Mix the cornflour smoothly with a little milk. Boil the rest with the bay-leaf. Remove the latter when the milk boils, then stir in the blended cornflour, and cook gently for about 10 minutes, and pour into a mould, previously rinsed with cold water. If using the sugar add it to the milk before boiling.

TIME.—About 15 minutes. SUFFICIENT for 4 or 5 persons.

CREAM, WHIPPED.

INGREDIENTS.—½ pint of double cream; ½ oz. of castor sugar, or to taste, 1 teaspoonful of sherry, 1 teaspoonful of brandy (the wine and brandy may be omitted), the juice and finely-grated rind of ½ a small lemon.

METHOD.—Put the sherry, brandy, sugar, lemon-juice and rind into a basin, and stir until the sugar is dissolved. Add the cream, and whip slowly at first and afterwards more quickly until firm. Serve as required. Raisin or other sweet wine may replace the sherry and brandy, or an equal quantity of raspberry or strawberry syrup.

TIME.—About 15 minutes. SUFFICIENT for 3 or 4 persons.

CUSTARD, BOILED.

INGREDIENTS.—1 pint of milk, 1 oz. of sugar, 1 teaspoonful of cornflour, 1 or 2 eggs, lemon-rind or other flavouring.

METHOD.—Mix the cornflour smoothly with a little milk, simmer the remainder with the lemon-rind until pleasantly flavoured, then strain it on the blended cornflour, stirring meanwhile. Replace in the stewpan, simmer gently for a few minutes to cook the cornflour, add the sugar, and let the preparation cool slightly. Beat the egg, add it to the contents of the stewpan, stir by the side of the fire for a few minutes, then let the custard cool.

TIME.—About 25 minutes. SUFFICIENT for 1 pint.

CUSTARD MOULD.

INGREDIENTS.—1 pint of milk, 2 or 3 eggs, 1 oz. of castor sugar, ½ oz. of leaf gelatine, 1 tablespoonful of brandy (optional), vanilla essence.

METHOD.—Bring the milk near to boiling-point, add the sugar and well-beaten eggs, and stir by the side of the fire until the mixture thickens, but do not let it boil. Pour it on the gelatine in a basin, add the brandy and vanilla, stir until dissolved, then pour into 1 large or several small moulds.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

DEVONSHIRE JUNKET.

See **Junket.**

FIG MOULD.

INGREDIENTS.—1 lb. of figs, 4 oz. of sugar, 1 oz. of leaf gelatine, 1 lemon, 1 pint of water.

METHOD.—Cut the figs into small pieces, put them into a stewpan, with the water, sugar, the juice and thinly-cut rind of the lemon, and simmer until tender. Dissolve the gelatine in 3 tablespoonfuls of water, add it to the rest of the ingredients, and pour the mixture into 1 large or several small moulds. Serve with whipped cream or a good custard sauce.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

FRUIT BLANCMANGE.

INGREDIENTS.—1 pint of cornflour or ground rice blancmange, ½ a lb. of stewed fruit.

METHOD.—Make the blancmange as directed, and put a good layer at the bottom of large-sized dariole-moulds. When set, place in each mould a much smaller dariole, and fill the space between the two with blancmange. Let the smaller darioles remain until the blancmange is firm, then remove them, fill the cavity with stewed fruit, and cover with blancmange. When set, turn out, and serve with custard or whipped cream.

TIME.—About 2 hours. SUFFICIENT for 5 or 6 moulds.

FRUIT SALAD.

See **Compôte of Fruit.**

FRUIT, STEWED.

INGREDIENTS.—1 lb. of fruit, 4 oz. of sugar, ¼ pint of water.

METHOD.—Apples and pears intended for stewing should be peeled, quartered, and cored. Gooseber-

SWEETS.

1—Eclairs. 2—Assorted Fancy Pastry. 3—Rice and Apple Cake.
4—Gâteau St. Honoré. 5 Simnel Cake. 6—Pancakes. 7—Pyramid Cream.
8—Croquettes of Rice.

ries should have the tops and tails cut off; rhubarb is usually sliced, and if at all old the stringy outer skin is stripped off. Other fruit, such as cherries and plums, should have the stalks removed, but the stones may be taken out or not, as preferred. Bring the water and sugar to the boil, add the fruit, and stew very gently until tender. Or, place the fruit and sugar in a jar, stand the jar in a saucepan of boiling water, and cook until tender.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

FRUIT WHIP.

INGREDIENTS.—1 or 2 sponge cakes, a little cold fruit purée (apple or other stewed fruit), or some pineapple, cut in slices, white of 1 egg, or ½ a gill of cream, fine sugar.

METHOD—Cut the sponge cakes in half, place in a glass dish, put on this some cold fruit purée. Whisk up the white of egg or cream and pile roughly on top. Dredge with fine sugar, and decorate.

TIME.—About 10 minutes. SUFFICIENT for 1 or 2 persons.

Note.—If liked, some set meringue cases may be used instead of the sponge cakes.

GLAZED APPLES.

INGREDIENTS.—Small apples of equal size, lemon-juice, syrup (*see* Syrup for Water Ices), apricot jam or marmalade, red-currant jelly, strips of angelica, sugar.

METHOD.—Pare and core the apples, and simmer them very gently in water to which sugar to taste and a little lemon-juice has been added. Drain well, pour over them a little syrup, and cover closely. When cold, coat the apples with apricot marmalade, fill the cavities from which the cores were removed with jelly, and decorate tastefully with strips or leaves of angelica.

TIME.—From 3 to 3½ hours. SUFFICIENT, allow 1 to each person.

GOOSEBERRY FOOL.

See **Apple Fool.**

GOOSEBERRY TRIFLE.

See **Apple Trifle.**

GREENGAGES, COMPÔTE.

See **Compôte of Fruit.**

GROUND RICE BLANC-MANGE.

INGREDIENTS.—1½ oz. of ground rice, 1½ oz. of castor sugar, 1 pint of milk, vanilla-pod, lemon-rind, or other flavouring.

METHOD.—Mix the ground rice smoothly with a little milk, boil the remainder with the vanilla-pod or lemon-rind, and let it infuse for a few minutes. Strain on to the blended rice, stirring meanwhile; replace in the stewpan, and simmer gently for about 10 minutes. Now add the sugar, and pour into a wet mould.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

ISINGLASS BLANCMANGE.

INGREDIENTS.—1 oz. of patent isinglass, sugar to taste, ½ pint of cream, 1 pint of milk, 2 or 3 thin strips of lemon-rind.

METHOD.—Soak the isinglass and lemon-rind in the milk for about 2 hours, then simmer gently for about 20 minutes. Strain, replace in the stewpan, add the cream, sweeten to taste, and boil up. When cool turn into a set mould.

TIME.—About 3 hours. SUFFICIENT for 5 or 6 persons.

JUNKET.

INGREDIENTS.—1 pint of milk, junket powder, or junket tablets, or 1 dessertspoonful of essence of rennet, 1 teaspoonful of sugar.

METHOD.—Warm the milk (the exact temperature should be 98° F., the natural heat of the milk), put it into the bowl or deep dish in which it will be served, add the sugar, and stir in the rennet or junket powder. Let it remain in a

moderately warm place until set. The amount of junket powder required is stated on the wrapper; its use may be recommended in preference to the liquid essence.

TIME.—About 1½ hours, to coagulate the milk. SUFFICIENT for 3 or 4 persons.

LEMON BLANCMANGE.

See **Vanilla Blancmange.**

Follow the directions given, substituting lemon-rind for the vanilla.

LEMON SPONGE.

INGREDIENTS.—½ pint of water, 1 oz. of castor sugar, ½ oz. of leaf gelatine, 1 lemon, 1 white of egg.

METHOD.—Heat the water, sugar, gelatine, and thinly-cut lemon-rind together, stir until the gelatine is dissolved, then strain in the white of egg and lemon-juice previously mixed in a large basin. Whisk all together until stiff, then pile on a dish, and, if liked, colour the last portion with carmine or cochineal, and place it on the top. If preferred, the sponge may be set in a mould, and turned out when firm.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

MACAROON TRIFLE.

See **Trifle.**

Omit the sponge cakes.

MARBLED MOULD.

INGREDIENTS.—Blancmange, coffee essence, cochineal, saffron-yellow, spinach-green.

METHOD.—Prepare the blancmange according to the directions given (*see* Cornflour and Ground Rice Blancmanges), divide it into four equal parts, and colour them respectively with coffee essence, cochineal, saffron-yellow, and spinach-green. Mould separately, and, when cool, divide in irregularly shaped pieces about the size of a walnut. Have ready some white blancmange on the point of setting. Place the coloured pieces in a mould, leaving spaces between them, fill these with white blancmange, and put aside until set.

TIME.—About 12 hours. SUFFICIENT for 5 or 6 persons.

MERINGUES.

INGREDIENTS.—5 whites of eggs, ½ lb. of castor sugar.

METHOD.—Put the whites of eggs in a bowl or basin with a pinch of salt, and whisk them very stiffly. Sieve the sugar, stir in as lightly as possible with a spoon, folding it in, rather than mixing it with the whites of eggs. Cover a ½-inch thick board or a baking-tin with foolscap paper (slightly oiled). Put the preparation into a forcing bag attached to a plain pipe, and press on to the paper small round or oval portions in rows about 1 inch apart. Dredge them well with castor sugar and bake in a cool oven for about 2 hours, when they should have acquired a pale fawn colour, and be perfectly crisp. Turn them over, scoop out any portion not hardened, and let them remain in a warm place until dry. Use as required.

TIME.—About 2½ hours. SUFFICIENT for 1 dish.

Note.—When a forcing-bag and pipe are not available, the mixture may be shaped in the form of an egg, by means of a spoon and knife, in the manner described in reference to Quenelles of Veal. Meringue shells may be kept for a considerable time in an airtight tin.

ORANGE MOULD.

INGREDIENTS.—4 oranges, about ¾ pint of milk, 3 oz. of sugar, ½ oz. of gelatine.

METHOD.—Remove the orange-rind as thinly as possible, and cut it into fine strips. Strain the orange-juice, mix with it milk to increase the quantity to exactly 1 pint and add the gelatine, orange-rind and sugar. Soak for about 2 hours, then bring gently to boiling-point, and simmer for a few minutes. Add more sugar if necessary, and pour into a wetted mould.

TIME.—About 3 hours. SUFFICIENT for 5 or 6 persons.

PRUNE MOULD.

INGREDIENTS.—1 lb. of prunes, 4 oz. of sugar, ½ oz. of leaf gelatine, 1½ pints water, 1 lemon, cochineal.

METHOD.—Split the prunes and remove the stones; place them in a stewpan with the water, sugar, juice and thinly-cut rind of the lemon, and simmer from 20 to 25 minutes. Melt the gelatine in 1 tablespoonful of water and mix with the contents of the stewpan, add a few drops of cochineal, and turn into a wet mould.

TIME.—About 1 hour. SUFFICIENT for 4 or 5 persons.

RICE BLANCMANGE.

See **Ground Rice Blancmange.**

SPONGE CAKE MOULD.

See **Cold Cabinet Pudding.**

STEWED FRUIT.

See **Fruit, Stewed.**

SYLLABUB.

INGREDIENTS.—10 macaroons, ½ pint of cream, 4 oz. of castor sugar, the juice of 1 lemon, the finely-grated rind of ½ a lemon, 1 small wineglassful of sherry or Madeira, a pinch of ground cinnamon, essence of ratafia.

METHOD.—Mix the sugar, lemon-juice and rind, cinnamon and wine together in a large basin, add a few drops of essence of ratafia, stir until the sugar is dissolved, then add the cream and whip to a froth. Arrange the macaroons compactly on the bottom of a deep dish, and as the froth is formed on the syllabub skim it off and place it on the biscuits. When the whole of the preparation has been reduced to a froth, stand the dish in a cold place, and let it remain for at least 12 hours before serving.

TIME.—About 13 hours. SUFFICIENT for 7 or 8 persons.

TIPSY CAKE.

INGREDIENTS.—4 sponge cakes, raspberry jam, ½ a pint of boiled custard, ½ a glass of sherry, cherries, angelica, almonds.

METHOD.—Split the cakes, spread on a good layer of jam, replace the halves, arrange them compactly in a dish, giving them as far as possible the appearance of one large cake. Pour over the sherry, and let them soak for about 1 hour. Make the custard as directed, and, when cool, pour it over. The cake may be garnished with cherries, angelica, or baked almonds.

TIME.—About 1½ hours. SUFFICIENT for 3 or 4 persons.

TIPSY PUDDINGS.

INGREDIENTS.—2 oz. of flour, 1½ oz. of castor sugar, 1 egg, 1 or 2 tablespoonfuls of rum, desiccated coco-nut.

METHOD.—Beat the egg and sugar together until thick and smooth, and stir in the flour as lightly as possible. Coat three or four well-buttered dariole-moulds thickly with castor sugar, fill them three-quarters full with the mixture, and bake in a moderately hot oven. When cooked baste them with rum or fruit syrup, sweetened to taste, sprinkle lightly with coco-nut, and serve cold.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

TRIFLE.

INGREDIENTS.—18 Savoy biscuits, 12 ratafias, raspberry jam, ½ a pint of Custard, 1 wineglass of sherry (if liked), 2 tablespoonfuls of milk, 1 oz. of blanched and shredded almonds, 2 whites of eggs, castor sugar.

METHOD.—Make the custard as directed, and let it cool. Spread jam on half the biscuits, cover with the others, and arrange them with the ratafias compactly on a glass dish. Mix the sherry (if used), and the milk together, pour the mixture

over the biscuits, stick in the shreds of almonds, and let the preparation soak for about 1 hour. Then pour over the custard, pile the stiffly-whisked sweetened whites of eggs on the top, and serve.

TIME.—About 2½ hours. SUFFICIENT for 6 or 7 persons.

VANILLA BLANCMANGE.

INGREDIENTS.—1½ gills of milk, ½ gill of cream, 1½ oz. of loaf sugar, ½ oz. of leaf gelatine, 1 yolk of egg, 1 inch of vanilla-pod.

METHOD.—Bring the milk, sugar and vanilla pod to boiling-point, and simmer gently until sufficiently flavoured. Beat the yolk of egg slightly, strain on to it the boiling milk, stirring vigorously meanwhile, return to the stewpan, and stir by the side of the fire until the mixture thickens. Dissolve the gelatine in ½ a gill of water, add it to the custard, and when cool remove the vanilla pod and stir in the stiffly-whipped cream. Stand in a cold place until set.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

CREAMS.

THE term cream is used to describe compounds of cream and fruit, fruit-purée, etc., or custards, variously flavoured, stiffened with gelatine, and more or less elaborately decorated. For this purpose double cream is required, that is, cream skimmed off milk that has stood for 24 hours instead of 12, or been well-drained from the milk after being separated. Cream is more quickly whipped to a stiff froth when cold, and the air introduced by whipping should be as cold as possible. The process should not be continued one moment after the proper degree of stiffness is obtained, great care being needed in warm weather, when the cream, if over-whipped, is apt to turn rather quickly to butter. Apart from the manipulation of the cream, an important factor in all preparations of this description of which it forms a part, there are one or two points which need careful attention. The gelatine, dissolved in a little water, must be added at a certain temperature, for if it be too hot it causes the cream to lose some of its lightness; if too cold, it sets in small hard lumps instead of being intimately mixed with the whole. And again, after the gelatine is added, the cream preparation must be stirred until just on the point of setting, more particularly so when it contains fruit, almonds, etc., which would otherwise sink to the bottom of the mould. On the other hand, if the mixture is allowed to become too cold, it does not take the shape of the mould. If available, the mould should stand on ice until the cream sets. When creams have to set without this aid, they should be made the day before, and kept in a cold place.

TO UNMOULD CREAMS AND JELLIES.—It is much better to dip the mould once into hot water than three or four times into lukewarm water; and as the whole is immersed it is necessary that the top of the jelly or cream should be afterwards dried with a clean cloth. One sharp "up and down" jerk will instantly detach the mould of cream or jelly, which should at once be placed on a cold dish, the hand being gently withdrawn. In turning out a border-mould too large to be covered by the hand, the dish and mould together may be shaken sharply up and down.

APRICOT CREAM.

See **Peach Cream.**

CARAMEL CREAM.

INGREDIENTS.—1½ pints of milk, 3 oz. of ground rice, 1 oz. of castor sugar, the thinly-cut rind of 1 lemon, 2 oz. of loaf sugar.

METHOD.—Put the loaf sugar into a stewpan with 1 tablespoonful of cold water, allow it to boil quickly until it becomes dark golden brown, then pour it into a dry plain mould, which must be turned slowly over and over until the inner surface is completely coated. Add the lemon-rind and castor sugar to the boiling milk, sprinkle in the ground rice, and boil gently for about 10 minutes. When ready remove the lemon-rind, pour the mixture into the prepared mould, and let it remain in a cold place until set.

TIME.—From 35 to 45 minutes. SUFFICIENT for 1 medium-sized mould.

CHARLOTTE RUSSE.

INGREDIENTS.—½ pint of cream, ½ pint of milk, ½ oz. of leaf gelatine, 1 tablespoonful of brandy or sherry, 1 dessertspoonful of castor sugar, vanilla essence. Savoy or finger biscuits, jelly, cherries, angelica, or other decoration.

METHOD.—Cover the bottom of a charlotte-mould thinly with jelly, and when set garnish with strips of angelica and halved cherries. Cover with jelly to the depth of about ½ an inch, let the jelly set, then line the mould with Savoy biscuits. Dissolve the gelatine and sugar in the milk, then strain it and add the brandy and vanilla essence to taste. When cool stir into the stiffly-whipped cream. Pour into the prepared mould, and set on ice or in a cool place until firm.

TIME.—From 15 to 20 minutes, after the mould is prepared. SUFFICIENT for 1 medium-sized mould.

Note.—If preferred, the bottom of the tin may be lined with biscuits cut to the shape of the mould.

CHOCOLATE CREAM.

INGREDIENTS.—4 oz. of chocolate, 2 oz. of castor sugar, ½ an oz. of leaf gelatine, 2 yolks of eggs, ½ pint of cream, ½ pint of milk, 1 teaspoonful of vanilla essence.

METHOD.—Simmer the milk and chocolate together until smoothly mixed, let it cool slightly, then add the yolks of eggs and stir until they thicken, but the mixture must not boil or the eggs may curdle. Dissolve the gelatine in 1 tablespoonful of water, strain it into the custard, and add the vanilla essence. Whip the cream stiffly, stir it lightly into the custard, turn into a prepared mould, and stand in a cool place until set.

TIME.—From 20 to 30 minutes. SUFFICIENT for 1 mould.

COFFEE CREAM.

INGREDIENTS.—½ pint of cream, ½ pint of milk, coffee essence, 2½ oz. of castor sugar, ½ oz. of gelatine, the yolks of 2 eggs.

METHOD.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, then put in the sugar and cool slightly. Now dissolve the gelatine in 1 tablespoonful of water, and add it to the custard. Whip the cream stiffly, stir it into the custard when nearly cold, add the coffee essence, and pour into the prepared mould. Let the mould remain in a cold place until firm.

TIME.—About ½ an hour. SUFFICIENT for 1 medium-sized mould.

GINGER CREAM.

INGREDIENTS.—½ pint of cream, ½ pint of milk, 2 tablespoonfuls of ginger syrup, 1 tablespoonful of castor sugar, 2 oz. of preserved ginger, ½ oz. of leaf gelatine, the yolks of 2 eggs.

METHOD.—Beat the yolks of eggs, add them to the milk when nearly boiling, stir until they thicken, add the sugar, and set aside to cool. Dissolve the gelatine in a tablespoonful of water, mix

with it the ginger syrup, the ginger cut into dice, and pour into the custard. Whip the cream stiffly, and when cool stir it lightly into the custard. Turn into the prepared mould, and stand on ice or in a cold place until required.

TIME.—About ½ an hour.

GOOSEBERRY CREAM.

INGREDIENTS.—1 gill of gooseberry purée, ½ a teaspoonful of lemon-juice, sugar, vanilla cream, spinach-greening.

METHOD.—Cook the gooseberries in a stewjar until tender, pass them through a hair sieve, and sweeten to taste. Make the cream as directed, but omit the vanilla flavouring. Add to it the gooseberry purée with a few drops of spinach colouring, and pour into a prepared mould.

TIME.—From 1½ to 1¾ hours. SUFFICIENT for 3 or 4 persons.

LEMON CREAM.

INGREDIENTS.—1 pint of cream, 2 tablespoonfuls of lemon-juice, 1 oz. of ground almonds, 1 oz. of castor sugar, 1 teaspoonful of finely-grated lemon-rind.

METHOD.—Whip the cream stiffly, adding the rest of the ingredients gradually, and sweeten to taste. Serve in jelly-glasses. For a moulded cream *see* Vanilla Cream, and substitute lemon-juice for vanilla.

TIME.—From 25 to 30 minutes. SUFFICIENT to fill 12 small glasses.

Note.—If liked, a small glass of sherry can be added to improve the flavour of this cream.

PEACH CREAM.

INGREDIENTS.—½ pint of peach purée, ½ pint of cream or custard, 1 oz. of castor sugar, 1 gill of peach syrup, ½ oz. of leaf gelatine.

METHOD.—Pass sufficient peaches through a hair sieve to make the required amount of purée. Dissolve the gelatine in the syrup, add the sugar and the purée, and stir in the stiffly-whipped cream. Turn into the prepared mould, and let it remain in a cold place until set.

TIME.—From 35 to 40 minutes. SUFFICIENT for 1 medium-sized mould.

RICE CREAM.

INGREDIENTS.—1 pint of milk, ½ a pint of cream, 2 oz. of ground rice, 2 oz. of castor sugar, ½ an oz. of gelatine, vanilla or other flavouring.

METHOD.—Bring the milk and sugar to boiling-point, sprinkle in the rice, and simmer gently for about 20 minutes. Dissolve the gelatine in 1 tablespoonful of water, add it to the rice, flavour to taste with vanilla essence, and when cool, mix in as lightly as possible the stiffly-whipped cream. Pour into prepared mould, and set aside.

TIME.—About ½ an hour. SUFFICIENT for 1 medium-sized mould.

STRAWBERRY CREAM.

INGREDIENTS.—1 lb. of strawberries, ½ pint of cream, 3 oz. of castor sugar, ½ oz. of leaf gelatine, the juice of 1 lemon.

METHOD.—Pick the strawberries and pass them through a fine hair sieve. Dissolve the gelatine and sugar in 2 tablespoonfuls of water, and add the lemon-juice. Strain the gelatine, etc., into the strawberry purée, add the cream well whipped, mix lightly together, and pour into the prepared mould.

TIME.—From 35 to 40 minutes.

VANILLA CREAM.

INGREDIENTS.—½ of a pint of cream, ½ of a pint of milk, 1 oz. of castor sugar, ½ oz. of gelatine, ½ gill of water, 1 teaspoonful of vanilla essence.

METHOD.—Whip the cream, and mix gradually with the milk, add the castor sugar and vanilla essence. Dissolve the gelatine in the water, when cool strain into the cream, mix well, and pour into the prepared mould. Let it remain on ice or in a cold place until set.

TIME.—About 20 minutes. SUFFICIENT for 1 medium-sized mould.

JELLIES.

JELLIES may be described as solutions of gelatine in water, with wine, fruit, and other additions, and their clear, brilliant transparency is one of their chief recommendations. However, jellies of this class do not comprise the whole list, for in addition there are the opaque nourishing milk and egg jellies, and also those made of apples and other fruit. A plain lemon jelly answers admirably for coating the moulds for creams; and variously coloured and flavoured, it forms the basis of many other jellies. By adding a little gold and silver leaf or a few drops of yellow, red, or green vegetable colouring matter, considerable variety may be introduced at small cost.

TO CLEAR JELLY.—The agent employed for this purpose is albumen, of which substance the white of egg is largely composed. The shells and lightly-beaten whites of eggs are added to the water, wine, etc., when cold, the whole being continuously whisked while coming to the boil. At a temperature of 160° F., the albumen coagulates, and as the hardened particles rise to the surface they entangle and carry with them all the insoluble substances with which they come in contact; this forms the scum and the filtering medium, through which the jelly must be afterwards passed and repassed until clear. The jelly should always be allowed to simmer for a short time after it reaches boiling-point, but it must on no account be whipped, stirred, or otherwise disturbed. A little lemon-juice or any other acid assists in the coagulation of the albumen.

STRAINING JELLY.—For this purpose a jelly-stand and bag are desirable, but not indispensable, for an inverted chair and a clean linen cloth may be made to do duty instead. Whichever is used, it must be previously scalded to prevent the jelly setting while running through; and on a cold day, when the jelly runs through slowly, it is advisable to place a basin of hot water in the midst of it to keep it warm. The jelly-bag or cloth must never be squeezed, as a very slight pressure will force through the particles of scum, and make the jelly cloudy.

APPLE JELLY.

INGREDIENTS.—1 lb. of apples, 3 oz. of castor sugar, ½ oz. of leaf gelatine, 1 lemon, ½ pint of water.

METHOD.—Peel and slice the apples, put them into a stewpan with the sugar, water, the juice and thinly-cut rind of the lemon, simmer until tender, and rub through a fine sieve. Melt the gelatine in 2 tablespoonfuls of water, strain and stir it into the apple preparation, and turn into a mould.

TIME.—About 1 hour. SUFFICIENT for 1 medium-sized mould.

ASPIC JELLY.

INGREDIENTS.—1 quart of jellied veal stock, 1½ oz. of gelatine, ½ a glass of sherry (optional), ½ a gill of vinegar (preferably French wine vinegar), the shell and white of 1 egg, 1 bouquet-garni (parsley, thyme, bay-leaf), 1 strip of celery.

METHOD.—Let the stock become quite cold, and remove every particle of fat. Put it into the stewpan with the gelatine, herbs, celery cut into large pieces, the egg-shell, and the white previously slightly beaten. Whisk over a sharp fire until near boiling, and add the wine, if used, and vinegar. Continue the whisking until quite boiling, then draw the stewpan aside, let the contents simmer for about 10 minutes and strain till clear and use as required.

TIME.—From 40 to 60 minutes, after the stock is made. SUFFICIENT for 1 quart of jelly.

ASPIC JELLY (from Calves' Feet).

INGREDIENTS.—2 calves' feet, 5 pints of cold water, 1 onion, 1 leek, 2 shallots, 1 carrot, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 2 dozen peppercorns, salt, 1 lemon, 2 tablespoonfuls each of malt and tarragon vinegars, 1 tablespoonful of chilli vinegar, whites and shells of 2 eggs, ½ pint of sherry (optional).

METHOD.—Wash, blanch, and divide each foot into 4 or more pieces. Replace in the stewpan, add 5 pints of water; when boiling skim carefully, add the vegetables cut into large pieces, herbs, peppercorns, salt to taste, and simmer gently from 5 to 6 hours. Strain, and when cold, carefully remove every particle of fat. Now place the stock, the juice of the lemon and the rind finely pared, the whites and shells of the eggs in the stewpan, whisk over the fire until hot, then add the wine and vinegar. Bring to the boil, whisking meanwhile. Simmer slowly for about 30 minutes, strain carefully through a cloth or jelly bag.

TIME.—About 1 hour, to clear and strain. SUFFICIENT for 1 quart.

Note.—When the jellied stock is not sufficiently stiff, a little French leaf gelatine should be added when clearing.

ASPIC JELLY (from Gelatine).

INGREDIENTS.—2½ oz. of leaf gelatine, 1 quart of water, the whites and shells of 2 eggs, 1 lemon, ½ pint of malt vinegar, 1 tablespoonful of tarragon vinegar, 1 onion, carrot, 2 or 3 strips of celery, a bouquet-garni, 10 peppercorns, 1 tablespoonful of salt.

METHOD.—Whisk the whites of eggs slightly, pare the lemon-rind as thinly as possible, and strain the juice. Put them with the rest of the ingredients into a stewpan, whisk over a brisk fire until boiling, and simmer very gently for about 20 minutes. Strain carefully through a thin cloth or jelly bag.

TIME.—About 1 hour. SUFFICIENT for 1½ pints.

Note.—Jelly of this description is used principally for lining and garnishing moulds. If too stiff it may be diluted with a little water, or sherry when additional flavour is desired.

CALF'S FOOT JELLY.

See **Aspic Jelly (from Calves' Feet).**

CLARET JELLY.

INGREDIENTS.—½ pint of claret, 1½ pints of water, ½ pint of lemon-juice, the thinly-cut rind of 2 lemons, 6 oz. of loaf sugar, 1½ oz. of leaf gelatine, the whites and shells of 2 eggs, cochineal.

METHOD.—Put all these ingredients into a stewpan, and whisk over the fire until it boils. Simmer for about 10 minutes, then strain through a scalded bag or cloth, add a few drops of cochineal to improve the colour, pour into a wet mould, and put in a cool place to set.

TIME.—About 40 minutes. SUFFICIENT for 1¾ pints.

JELLY WITH BANANAS.

See **Jelly with Oranges.**

Substitute slices of banana.

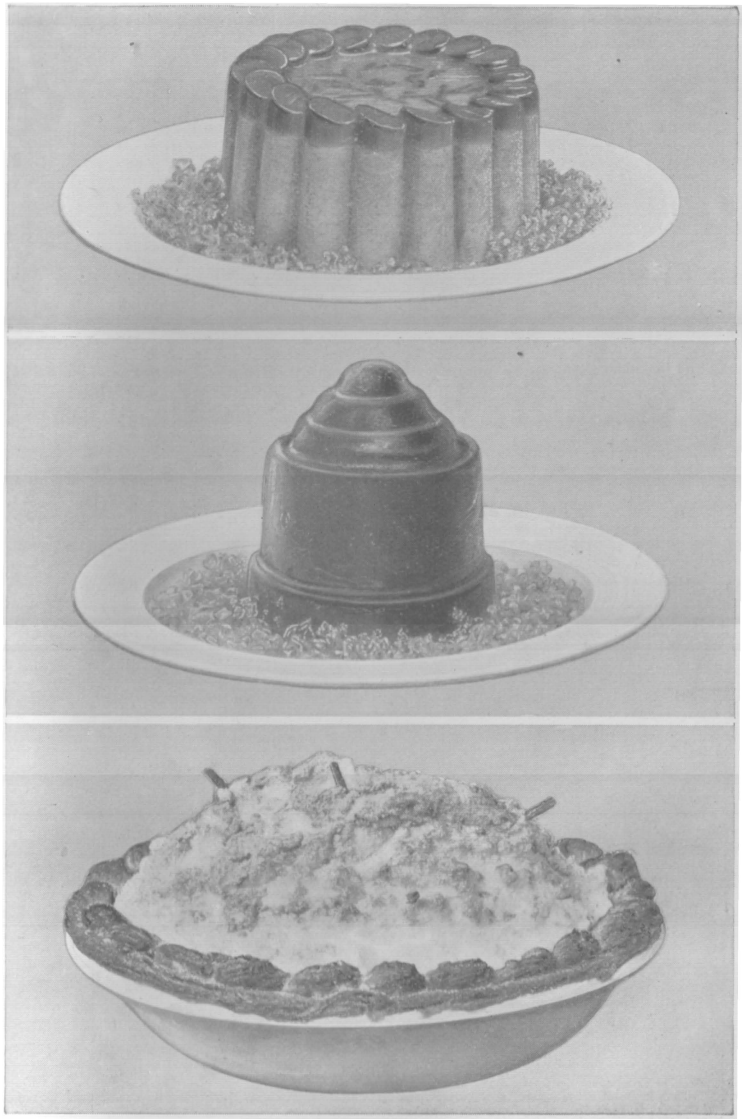
JELLY WITH FRUIT.

INGREDIENTS.—1½ pints of lemon or wine jelly, mixed fruit, such as grapes, strawberries, red and white currants, small slices or dice of pine-apple, peaches and apricots.

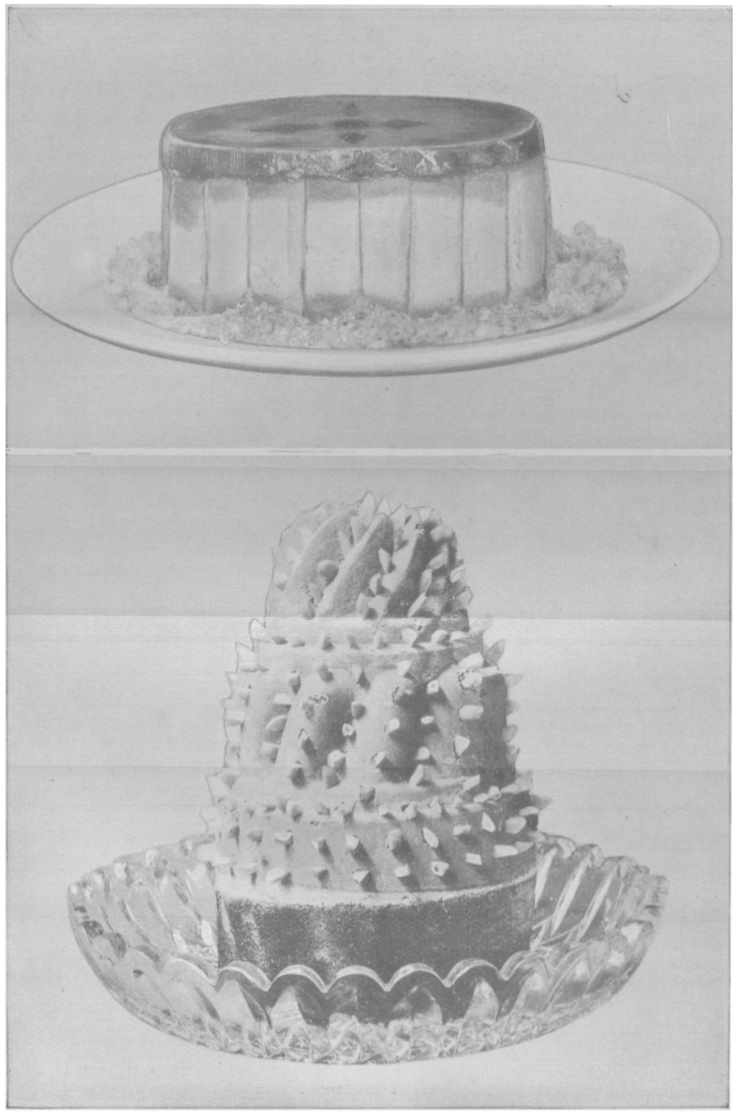
METHOD.—Rinse the mould with cold water, place it in a basin or shallow pan of broken ice, cover the bottom with a thin layer of cool jelly and let it set. Add some of the fruit, contrasting the colours carefully, cover with jelly, and leave it to stiffen. Repeat until the mould is full, taking care that each layer is firmly fixed before adding another. Turn out when set, and serve.

TIME.—About 1 hour. SUFFICIENT for 1 large mould.

COLD SWEETS



1. Charlotte St. José. 2. Jubilee or Claret Jelly. 3. Apple Amber.



1 Charlotte Russe. 2. Savarin Trifle.

JELLY WITH ORANGES.

INGREDIENTS. — 6 Tangerine oranges, 1 pint of lemon jelly.

METHOD.—Peel the oranges, remove every particle of pith, and divide them into sections. Cover the bottom of a charlotte mould with a little cool jelly, let it set, then arrange sections of orange neatly overlapping each other round the mould. Cover with jelly, let it set, add another layer of oranges, and repeat until the mould is full.

TIME.—From 1 to 1½ hours, when ice is used. SUFFICIENT for 1 medium-sized mould.

LEMON JELLY.

INGREDIENTS.—1½ pints of water, ½ pint of lemon-juice, 6 oz. of loaf sugar, the finely-peeled rind of 4 lemons, the whites and shells of 2 eggs, 1½ oz. of leaf gelatine.

METHOD.—Put the water, lemon-rind and juice, gelatine, sugar, egg shells, and the slighty beaten whites together into a stewpan, boil up, whisking meanwhile, simmer for about 10 minutes, then strain.

TIME.—About 1 hour. SUFFICIENT for 1½ pints.

Note.—When the jelly is intended to line or garnish moulds, an extra ½ oz. of gelatine should be added, especially so in hot weather.

ORANGE JELLY.

INGREDIENTS.—½ pint of orange-juice (strained), ½ pint of boiling water, 1 oz. of loaf sugar, 1 oz. of gelatine, the juice of 1 lemon, the thinly-cut rind of 1 orange.

METHOD.—Put the water, gelatine, sugar, and orange-rind into a stewpan, bring to the boil, and let the mixture stand by the side of the fire for about 10 minutes. Have the strained orange and lemon-juice ready in a basin, add the contents of the stewpan, pouring them through a piece of muslin or a strainer. When cool, pour into a mould rinsed with cold water. This jelly is never cleared.

TIME.—About 40 minutes. SUFFICIENT for 1 pint of jelly.

PORT WINE JELLY.

INGREDIENTS.—½ of a pint of port wine, ½ a pint of water, 1 oz. of loaf sugar, ½ an oz. of leaf gelatine, 1 tablespoonful of red-currant jelly, cochineal.

METHOD.—Put the water, sugar, red-currant jelly and gelatine into a stewpan, and stir the ingredients by the side of the fire until dissolved. Add half the wine, a few drops of cochineal to improve the colour, and strain through muslin or jelly bag. Add the remainder of the wine at the last.

TIME.—About ½ an hour. SUFFICIENT for 1 small mould.

RED CURRANT JELLY.

See recipe, p. 314.

RHUBARB JELLY.

INGREDIENTS.—1 small bundle of rhubarb, about 4 oz. of castor sugar, ½ oz. of leaf gelatine, the finely-cut rind of 1 lemon, ½ pint of water.

METHOD.—Wipe the rhubarb with a cloth, trim it, and cut it into short lengths, put it into a stewpan with the water, sugar, and lemon-rind, simmer until tender, and rub through a hair sieve. Dissolve the gelatine in 2 tablespoonfuls of water, and strain into the rest of the ingredients.

TIME.—About 1 hour.

WINE JELLY.

INGREDIENTS.—1 pint of water, ½ a gill of wine, sherry, or Marsala, 2 oz. of loaf sugar, 1 oz. of leaf gelatine, ½ an orange, ½ a lemon, ½ oz. of coriander seed, the white and shell of 1 egg.

METHOD.—Put the water, sugar, gelatine, the juice and finely-cut rind of the orange and lemon, and the coriander seeds into a stewpan, and let them soak until the gelatine is softened. Whisk the white and shell of the egg together, add them to the rest of the ingredients, and whisk over the fire until boiling. Simmer gently for about 10 minutes, then strain until clear.

TIME.—About 1 hour.

ICES, SORBETS, ICE PUDDINGS, ETC.

Ices may be broadly divided into 2 classes, viz. cream ices and water ices. The former are sometimes composed almost entirely of cream, sweetened, flavoured and elaborated in a number of ways, but more frequently the so-called "cream ice" consists principally of custard, more or less rich according to respective requirements, with the addition of fruit pulp, crystallized fruit, almonds, chocolate, coffee, liqueurs, and other flavouring ingredients. Water ices are usually prepared from the juices of fresh fruit mixed with syrup, fruit syrup, or jam sieved and diluted with water or syrup. In addition to these there are the demi-glacé or half-frozen compounds now largely introduced into high-class menus under the names of sorbet, granite or granito, and punch. This variety is always served immediately before the roast, and always in small portions in sorbet cups or glasses, never moulded; and alcoholic liqueurs are more or less used in their preparation.

Freezing Mixture.—2 oz. of salt should be allowed to each pound of crushed ice. When time rather than economy is an object, the mixture may be frozen more quickly by increasing the proportion of salt, but when this is done the ice speedily melts, and must be renewed. The following will be found a good but expensive substitute for ice:—2 quarts of cold water, 1 oz. of sulphate of soda, ½ oz. muriate of ammonia, ½ oz. nitrate of potash.

Preparation of Ice.—The mixture should be made as directed, put into the receptacle, and the lid firmly closed. After a short time the coating of mixture adhering to the sides must be scraped off and stirred into the liquid contents of the vessel. Again and again this must be done until the whole is sufficiently frozen.

The following rules should be observed:—

1. Avoid putting warm mixtures in the freezing pot.
2. Avoid over-sweetening.
3. Use pewter vessels when available; copper and tin are apt to spoil the flavour of the ice.
4. Take every possible care to keep the freezing salt from coming in contact with the ice mixture.
5. In moulding ices, press the mixture down firmly, and wrap the mould in two or three thicknesses of paper before burying it in ice and salt.
6. To unmould, dip the mould in cold water, and turn out as a cream or jelly.

BANANA CREAM ICE.

Ingredients.—1½ pints of custard (*see* Custard for Cream Ices), ½ pint of cream, 6 bananas, 1 tablespoonful of lemon-juice.

Method.—Pass the bananas through a fine hair sieve. Prepare the custard as directed, and whip the cream stiffly. When the custard is sufficiently cool, add the banana pulp, and lemon-juice, stir in lightly the cream and freeze.

Time.—From 2 to 2½ hours. Sufficient for 7 or 8 persons.

CHOCOLATE CREAM ICE.

Ingredients.—4 oz. of chocolate, 1 pint of custard (*see* Custard for Cream Ices), 1 gill of milk, ½ gill of cream, sugar to taste.

Method.—Prepare the custard as directed. Dissolve the chocolate in the milk, sweeten to taste, and strain it into the custard. Let the mixture cool, then add the stiffly-whipped cream, and freeze in the usual way.

Time.—About 40 minutes. Sufficient for 7 or 8 persons.

CLARIFIED SUGAR FOR WATER ICES.

See **Syrup for Water Ices.**

COFFEE CREAM ICE.

INGREDIENTS.—1½ oz. of freshly-roasted and ground coffee, 3 oz. of castor sugar, 1 pint of custard (*see* Custard for Cream Ices), ½ gill of cream.

METHOD.—Pour boiling water over the coffee, infuse for about ½ an hour, then strain, add the sugar, and let it cool. Make the custard according to the recipe, stir in the coffee; when cool, add the whipped cream, and freeze in the usual way.

TIME.—About 30 minutes. SUFFICIENT for 7 or 8 persons.

CUSTARD (For Cream Ices).

INGREDIENTS.—1 pint of milk, ¼ pint of cream, 4 oz. of castor sugar, 4 yolks of eggs.

METHOD.—Bring the milk nearly to boiling point, and pour it over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan, and stir by the side of the fire until the mixture thickens, but do not let it boil, or the eggs may curdle. Stir in the sugar, strain, and when cool add the cream.

TIME.—From 25 to 30 minutes. SUFFICIENT for 1½ pints.

FRUIT CREAM ICE.

INGREDIENTS.—½ pint of fresh fruit pulp (strawberry, raspberry, currant, or any other fruit preferred), 8 oz. of sugar, ½ pint of cream, 1 pint of milk, the juice of 1 lemon, the stiffly-whisked white of 1 egg.

METHOD.—Boil the milk, add the sugar, and put aside until nearly cold. Obtain the pulp by passing the fruit through a fine hair sieve, add the lemon-juice, milk, and the cream stiffly-whipped. Partially freeze the preparation before adding the white of egg. The amount of sugar depends upon the fruit.

TIME.—About 1 hour. SUFFICIENT for 10 or 12 persons.

LEMON SORBET.

INGREDIENTS.—8 lemons, 2 oranges, 8 oz. of loaf sugar, 2 oz. of castor sugar, 2 whites of eggs, 3 pints of water.

METHOD.—Place the loaf sugar in a stewpan with the 3 pints of water, let it dissolve, then boil and reduce a little, and skim well during the process. Add the finely-grated rind of 2 lemons, the juice of the lemons and oranges, bring to the boil, strain, and let the preparation cool. Partially freeze, then add the well-whisked whites of eggs and sugar, and continue the freezing until the desired consistency is obtained.

TIME.—About 1½ hours. SUFFICIENT for 7 or 8 persons.

LEMON WATER ICE.

INGREDIENTS.—1½ pints of Syrup for Water Ices, 6 lemons, 2 oranges.

METHOD.—Remove the peel from the lemons and 1 orange as thinly as possible, and place it in a basin. Make the syrup as directed, pour it boiling hot over the rinds, cover, and let it remain thus until cool, then add the juice of the lemons and oranges. Strain or tammy and freeze.

TIME.—From 1½ to 1¾ hours. SUFFICIENT for 7 or 8 persons.

NEAPOLITAN ICE.

INGREDIENTS.—½ pint of strawberry or raspberry pulp, ½ oz. of grated chocolate, 3 yolks of eggs, 1½ pints of milk, ½ pint of cream, 3 oz. of castor sugar, ½ a teaspoonful of vanilla essence, carmine.

METHOD.—Cream the yolks of eggs and 3 oz. of castor sugar well together. Add the rest of the sugar to the milk, and when boiling pour on to the yolks of eggs and sugar, stirring vigorously meanwhile. Replace in the stewpan, and stir by the side of the fire until the mixture thickens, then strain. Dissolve the chocolate in 1 tablespoonful of water, mix with it ¼ of the custard, and let it cool. Mix the fruit pulp

with half the remaining custard, and if necessary add a few drops of carmine. To the other third of the custard add the vanilla essence. Whip the cream slightly, divide it into three equal portions, and add one to each preparation. Freeze separately, then pack in layers in a Neapolitan ice-box, or, failing this, a mould best suited to the purpose. Cover closely, and pack in salt and ice for about 2 hours. Serve cut across in slices.

TIME.—From 1 to 1½ hours. SUFFICIENT for 7 or 8 persons.

ORANGE SORBET.

See **Lemon Sorbet.**

Using 8 oranges and 2 lemons instead of 8 lemons and 2 oranges.

RASPBERRY OR STRAWBERRY WATER ICE.

INGREDIENTS.—1½ lb. of ripe strawberries or raspberries, 1½ pints of syrup (*see* Syrup for Water Ices), the juice of 2 lemons.

METHOD.—Prepare the syrup as directed. Rub the fruit through a fine sieve, add the lemon-juice, and, if necessary, deepen the colour with a few drops of carmine. Freeze in the usual way.

TIME.—About 40 minutes. SUFFICIENT for 7 or 8 persons.

STRAWBERRY ICE CREAM.

INGREDIENTS.—1 lb. of strawberries, ½ pint of cream, ½ pint of milk, 1 or 2 yolks of eggs, 6 oz. of castor sugar, 1 teaspoonful of lemon-juice, carmine.

METHOD.—Bring the milk and cream to near boiling point, add the beaten yolks of eggs, stir by the side of the fire until they thicken, then put in the sugar, and when dissolved strain and let the preparation cool. Pass the strawberries through a fine sieve, mix with the custard, add the lemon-juice and carmine gradually until a deep pink colour is obtained. Then freeze.

TIME.—About 1 hour. SUFFICIENT for 7 or 8 persons.

SUGAR, TO CLARIFY (For Syrup).

INGREDIENTS.—6 lb. of loaf sugar, 1 quart of water, 2 whites of eggs.

METHOD.—Dissolve the sugar in the water in a large stewpan, but do not let it become very hot. Beat the whites of eggs, pour the warm syrup on to them, and return to the stewpan. When the syrup boils, add ¼ a gill of cold water, repeat 3 times, thus using in all ½ a pint. Now draw the pan aside for about 10 minutes, then strain by means of a jelly bag or fine muslin, and use as required.

SYRUP FOR WATER ICES.

INGREDIENTS. — 3 lb. of loaf sugar, 1 good pinch of cream of tartar, 1 quart of water, the white and shell of 1 egg.

METHOD.—Place the sugar, cream of tartar, water, the shell and well-whisked white of egg in a copper sugar-boiler or stewpan, boil until reduced to a syrup, then strain; when cool, use as required.

TIME.—About ½ of an hour. SUFFICIENT for 1 quart.

VANILLA ICE CREAM.

INGREDIENTS.—1 pint of cream, ½ a pint of milk, 4 oz. of castor sugar, 4 yolks of eggs, ½ a pod of vanilla.

METHOD.—Whisk the yolks of eggs and sugar well together, boil the cream and milk with the vanilla for a few minutes, stir into the eggs, etc., and replace the whole in the stewpan. Stir by the side of the fire until the mixture thickens, but it must on no account be allowed to boil. Tammy or pass through a fine strainer, if necessary, add a few drops of vanilla essence, and when cool, freeze.

TIME.—About ½ an hour. SUFFICIENT for 7 or 8 persons.

SAVOURIES.

THE Savoury forms the final course of a complete dinner (before the dessert), and should always be served in extremely small portions. It should be a "bonne bouche" —just a mouthful.

ANCHOVY TOAST.

INGREDIENTS.—6 anchovies, ½ oz. of butter, 1 yolk of egg, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, toast, butter, cayenne pepper.

METHOD.—Wash and bone the anchovies, and chop them coarsely. Heat the butter in a small stewpan, fry the shallot until lightly browned, then add the anchovies, parsley, and yolk of egg, and season with cayenne. Stir by the side of the fire until the mixture thickens, then pour it on the toast, previously well buttered, and serve as hot as possible.

TIME.—About ½ an hour. SUFFICIENT for 6 or 8 persons.

BLOATER TOAST.

INGREDIENTS.—2 bloaters with soft roes, 1½ oz. of butter or good fat, 1 egg, salt, cayenne, 8 squares of buttered toast.

METHOD.—Remove the roes, grill the bloaters, free them from skin and bone, then chop them, and rub them through a fine sieve. Heat 1 oz. of butter or fat in a small stewpan, add the fish, and when hot put in the egg, season to taste, and stir by the side of the fire until the mixture thickens. Meanwhile divide the roes into 8 pieces, and fry them in hot fat. Spread the fish preparation on the croûtes, lay the roe on the top, and serve as hot as possible.

TIME.—About 1 hour. SUFFICIENT for 6 or 7 persons.

CHEESE BALLS.

INGREDIENTS.—2 oz. of grated Cheshire or Cheddar cheese, 1 oz. of flour, 1 egg, salt, pepper, cayenne, frying-fat.

METHOD.—Mix the cheese, flour, and yolk of egg together, add salt, pepper, and cayenne to taste, then whisk the white of egg to a stiff froth and stir it lightly into the rest of the ingredients. Have ready a deep pan of hot fat, drop in the mixture in teaspoonfuls and fry until nicely browned. Drain well, and dish in a pyramidical form on a folded napkin or dish-paper.

TIME.—About ½ an hour. SUFFICIENT for 6 or 7 persons.

CHEESE BISCUITS.

INGREDIENTS.—12 water biscuits, 2 tablespoonfuls of grated Cheshire or Cheddar cheese, butter, white pepper, Krona pepper.

METHOD.—Spread the biscuits with butter, sprinkle them liberally with cheese, season well with white pepper, and, if convenient, add also a little Krona pepper. Place the biscuits in a moderate oven until the cheese melts, then serve them as quickly as possible.

TIME.—About 10 minutes. SUFFICIENT for 5 or 6 persons.

CHEESE.

For numerous other methods of serving, *see* recipes, pp. 284 and 285.

COD'S ROE CROÛTES.

INGREDIENTS.—½ lb. of smoked cod's roe, 8 oval-shaped croûtes of fried bread, 1 oz. of butter or good fat, ½ a teaspoonful of finely-chopped chives or shallot, ½ a teaspoonful of finely-chopped parsley, pepper, cayenne.

METHOD.—Soak the roe in water for about 1 hour to soften it, then drain and dry it thoroughly. Heat the butter or fat in a sauté or frying-pan, cut the roe into 8 slices, and fry them lightly on both sides. Sprinkle the croûtes with shallot, parsley, and pepper, lay a slice of roe on each, add a few grains of cayenne, and serve as hot as possible. A more elaborate appearance may be given to the dish by decorating the roes with strips of gherkin and hard-boiled white of egg, or anchovy butter.

TIME.—About 1¼ hours. SUFFICIENT for 6 or 7 persons.

Note.—Fresh roe also may be dressed in this manner. It should first be well washed, then covered with boiling water, seasoned with a dessertspoonful of vinegar and ½ a teaspoonful of salt, boiled gently for about ten minutes, and when cold cut into slices and cooked as directed above.

EGGS.

See **Eggs, Scrambled, with Mushrooms,** and **Eggs, Poached, with Ham, etc.,** pp. 286–288.

FOIE GRAS TOAST.

INGREDIENTS.—Foie gras, salt and pepper, croûtes of toasted bread.

METHOD.—Slice the foie gras, and stamp it into rounds, the same size as the croûtes. Warm them between two plates over a saucepan of boiling water, place them on the hot croûtes, season with salt and pepper, then serve.

TIME.—About 20 minutes. SUFFICIENT, allow 1 to each person.

GOLDEN BUCK.

INGREDIENTS.—½ lb. of Cheshire or Cheddar cheese (preferably the former), 2 or 3 tablespoonfuls of ale, ½ a teaspoonful of Worcester or other cruet sauce, ½ a teaspoonful of lemon-juice, 2 eggs, celery-salt, Krona pepper, toast, butter.

METHOD.—Chop the cheese finely, put it into a stewpan with ½ oz. of butter and the ale, and stir vigorously until creamy, then add the Worcester sauce, lemon-juice, and the eggs previously beaten. Season to taste with celery-salt and Krona pepper, and continue stirring briskly until the mixture thickens. Trim the toast, butter well, cut each slice into 4 squares, arrange them compactly on a hot dish, and pour the preparation on to them. Serve as hot as possible.

TIME.—About 10 minutes. SUFFICIENT for 6 or 7 persons.

HAM CROÛTES.

INGREDIENTS.—6 oz. of finely-chopped cooked ham, ½ oz. of butter, 1 tablespoonful of cream, 2 yolks of eggs, 1 finely-chopped shallot, ½ a teaspoonful of finely-chopped parsley, pepper, 8 round croûtes of fried bread.

METHOD.—Fry the shallot in the butter until slightly browned, then add the ham and stir over the fire until hot. Now put in the yolks of eggs and cream, season with pepper, stir until the mixture thickens, then dish on the croûtes, and serve sprinkled with parsley.

TIME.—About 15 minutes. SUFFICIENT for 6 or 7 persons.

HERRING ROE CROÛTES.

INGREDIENTS.—8 fresh soft roes, anchovy paste, toast, butter, 2 lemons, fried parsley, cayenne.

METHOD.—Cut the toast into round or oval-shaped pieces, butter them liberally, and spread them lightly with anchovy paste. Melt about 1 oz. of butter in a sauté or frying-pan, and shake or gently

toss the roes in it over the fire until lightly browned. Dish on the prepared toast, sprinkle with lemon-juice and cayenne, garnish with slices of lemon and crisply-fried parsley, and serve as hot as possible.

TIME.—About 15 minutes. SUFFICIENT for 6 or 7 persons.

Note.—Tinned roes are less expensive, and although their flavour is inferior to that of fresh roes, they answer very well for ordinary purposes. As they are already cooked, they simply require re-heating.

MACARONI CHEESE.

INGREDIENTS.—4 oz. of macaroni 2 oz. of grated cheese, 1 oz. of butter, ½ oz. of flour, ½ pint of milk, ½ a teaspoonful of made mustard, salt and pepper to taste, brown breadcrumbs.

METHOD.—Break the macaroni into small pieces, put them into slightly-salted rapidly boiling water, boil until tender, and drain well. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well, stirring continuously. Now add the macaroni, cheese, mustard, a liberal seasoning of salt and pepper, and mix all well together. Have ready a well-greased fireproof dish, turn the mixture into it, sprinkle the surface with brown breadcrumbs and grated cheese, place a few small pieces of butter on the top, and bake in a quick oven until nicely browned. If preferred, the mixture may be cooked in scallop shells or ramakin cases.

TIME.—About ½ of an hour. SUFFICIENT for 1 dish.

MARROW TOAST.

INGREDIENTS.—Marrow from 2 beef bones, buttered toast, salt and pepper.

METHOD.—Soak the marrow in tepid water for about 2 hours. About 15 minutes before the dish is wanted cut the marrow into inch lengths, place them in cold water, bring rapidly to boiling point, and drain well. Have some squares of very hot, well-buttered toast, put the marrow on them, breaking it up and spreading it with a fork, and season with salt and pepper. Place the toast before the fire or in a hot oven until the marrow is thoroughly melted, then serve as hot as possible. When savoury marrow is preferred, sprinkle the above with chopped parsley, chives, and lemon-juice, just before serving.

TIME.—About 2½ hours. SUFFICIENT for 6 or 7 persons.

MUSHROOMS AU GRATIN.

INGREDIENTS. — Fresh mushrooms, grated Parmesan cheese, breadcrumbs, finely-chopped parsley, finely-chopped shallot, butter, salt and pepper.

METHOD.—Wash and peel the mushrooms, place them in a fireproof baking-dish, sprinkle them lightly with salt, pepper, shallot, parsley and cheese, and thickly with breadcrumbs, add a few small pieces of butter, bake in a moderately hot oven for about 15 minutes, then serve in the dish.

TIME.—About 25 minutes. SUFFICIENT, allow ½ a lb. for 6 or 7 persons.

OYSTERS IN SHELLS.

See **Oysters, Scalloped.**

OYSTERS, SCALLOPED.

INGREDIENTS.—12 large or 18 small oysters, 2 or 3 tablespoonfuls of thick white sauce, lemon-juice, white breadcrumbs, butter, pepper and salt.

METHOD.—Blanch the oysters in their own liquor, remove the beards, and cut them in halves. Strain the liquor into the white sauce, boil until sufficiently reduced, then add lemon-juice, salt and pepper to taste. Brush 8 or 9 small scallop shells over with nearly cold clarified butter, and coat with the breadcrumbs. Distribute the oysters equally, add the prepared sauce, cover lightly with breadcrumbs, put 2 or 3 morsels of butter on the top of each, bake in a quick oven

until nicely browned, and serve hot.

TIME.—About 20 minutes. SUFFICIENT for 7 or 8 persons.

ROES ON TOAST.

See **Cod's Roe Croûtes, Herring Roe Croûtes.**

SARDINE CANNELONS.

INGREDIENTS.—1 tin of sardines, short-crust or rough puff-paste, or puff-paste trimmings, 1 egg.

METHOD.—Skin the sardines, and take away the backbone. Roll out the paste as thinly as possible, cut it into strips about 4 inches by 2 inches, and in each strip enclose a half sardine, leaving the ends open. Brush over with beaten egg, bake in a quick oven, and serve hot.

TIME.—To bake the pasties, about 15 minutes. SUFFICIENT, allow 1 to each person.

SARDINE TOAST.

INGREDIENTS.—4 sardines, ½ oz. of butter, the yolk of 1 egg, 2 tablespoonfuls of milk, 1 teaspoonful of essence of anchovy, toast, butter, cayenne.

METHOD.—Skin and bone the sardines and chop them coarsely. Put the milk and butter into a stewpan; when hot, add the prepared sardines, anchovy essence, and a little cayenne, and last of all the yolk of egg. Stir by the side of the fire until the egg thickens, but do not let it boil, or it may curdle. Have ready well-buttered squares of toast, pour on the preparation, and serve as quickly as possible.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

SCOTCH WOODCOCK.

INGREDIENTS.—The yolks of 2 eggs, 1 gill of cream (or cream and milk in equal parts), anchovy paste, toast, butter, cayenne, salt.

METHOD.—Cut the toast into 2-inch squares, butter well, and spread them with anchovy paste. Season the yolks with a little cayenne and salt; when slightly beaten add them to the hot cream, stir over the fire until they thicken sufficiently, then pour the preparation over the toast, and serve.

TIME.—About 10 minutes. SUFFICIENT for 6 or 7 persons.

SHRIMP TOAST.

INGREDIENTS.—½ pint of picked shrimps, anchovy paste, ½ oz. of butter, 1 egg, 1 tablespoonful of milk, salt, cayenne, 8 croûtes of buttered toast.

METHOD.—Melt the butter in a stewpan, put in the shrimps and when hot add the eggs and milk, previously beaten together, salt and cayenne to taste, and stir by the side of the fire until the mixture thickens. Meanwhile, spread the toast lightly with anchovy paste, and now add the shrimp preparation, and serve as hot as possible.

TIME.—About 20 minutes. SUFFICIENT for 6 or 7 persons.

TOMATOES, SAVOURY.

See **Tomatoes, Baked; Tomatoes, Stuffed,** pp. 220 and 221.

WELSH RABBIT OR RAREBIT.

See recipe, p. 285.

WOODCOCK TOAST.

See **Scotch Woodcock.**

DESSERT AND SWEETMEATS.

Dessert.—No part of a dinner is governed more by individual tastes and circumstances than the dessert; it may consist of one or more dishes of choice fruits; or a varied display may be provided at a comparatively trifling cost, when the dessert is composed principally of fruits in season and home-made sweets. Pines, melons, grapes, peaches, nectarines, plums, strawberries, cherries, apples, pears, oranges, figs, raisins, walnuts, filberts, crystallized fruits, fancy ices, fancy cakes and biscuits, make up the dessert, together with dainty sweets and bon-bons, with which the present chapter deals.

Sweetmeats.—Until recently the art of making sweetmeats was little understood or practised by private individuals. Even now there exists a mistaken idea that this artistic branch of cookery is difficult, and demands an elaborate equipment. A saccharometer, marble slab, crystallizing tray, etc., make the work easier and success more certain, but they are not indispensable.

During the early stages of boiling sugar for sweets, the lid should always be kept on the saucepan, to prevent the sugar crystallizing on the sides of the pan, unless the recipe gives contrary directions. Should crystallization occur, the sugar adhering to the sides of the saucepan must be removed by means of a brush dipped in cold water. In boiling brown sugar or treacle, a large saucepan should be used, as they quickly boil over. A sheet of iron should be placed between the gas and the saucepan when a gentle heat is required, as is often the case when making sweetmeats.

DESSERT FRUIT, ETC.

ALMONDS AND RAISINS.

The dish in which these are served should be covered with a lace-edged paper. The fruit should be separated into branches suitable for serving, piled high in the centre of the dish, and the almonds blanched and scattered over. To prepare the almonds, place in cold water, bring to boil, skin and use as required.

ALMONDS SALTED AND DEVILLED.

These are much appreciated after the sweet course. They are prepared as follows:

Fry ½ a lb. of blanched whole almonds in a ¼ of a pint of salad oil until nicely browned, then drain well, and toss them in seasoning, composed of 1 tablespoonful of celery salt, and 1 small saltspoonful

of cayenne pepper mixed, which should be held in a sheet of strong paper. Serve in small fancy paper cases.

APPLES AND PEARS.

These should be well rubbed with a clean, soft cloth, and arranged in a dish, piled high in the centre, with green leaves between the layers. The inferior fruit should form the bottom layer, with the bright-coloured ones on the top. Oranges may be arranged and garnished in the same manner.

APRICOTS, PEACHES, PLUMS, NECTARINES, OR GREEN FIGS.

The beautiful colouring of these fruits when good and ripe renders anything more than a few green leaves for garnish unnecessary. These, when possible, should be vine leaves, otherwise the more delicate kinds of ferns are suitable. The fruit looks best when arranged a little from the edge of the stand and piled pyramidically.

BANANAS.

Bananas look best when mixed with other fruits, and possibly the best effect is produced by arranging them with a series of arches over a single layer of apples or oranges, a fine apple or orange being piled in the centre where the points of the bananas meet.

CURRANTS AND GOOSEBERRIES.

Red and white currants may be mixed with good effect; they should be piled in alternate layers to form a pyramid. Gooseberries should also be piled high, but need no other arrangement.

DATES, FIGS, FRENCH PLUMS.

All these should be daintily arranged on small dishes covered with lace-edged papers, which replace the leaves used with fresh fruit.

GRAPES.

These may be mixed or not, according to taste, but the blending of the white and black fruit enhances the beauty of both. Vine leaves, when procurable, should be put round the edge of the dish. Grape scissors must always accompany the grapes, as without them serving is very difficult, fine bunches being easily spoilt.

NUTS, CHESTNUTS, FILBERTS, WALNUTS, Etc.

These are simply arranged piled high in the centre of the dish, with or without leaves round the edge. Filberts or other nuts of this description should always be served with the outer skin or husk on them, and walnuts should be well wiped with a damp cloth, and afterwards with a dry one, to remove the unpleasant sticky feeling the shells frequently have. Chestnuts, when boiled or roasted, should be served on a folded napkin.

PINE OR MELON.

Vine leaves should first be placed upon the dish and the fruit stood upon them. If a pine does not stand upright, a slice may be cut off the bottom to level it. A melon should have the stalk showing at the top.

Note.—The Melon is frequently served as an hors d'œuvre and eaten with salt and pepper. Prepared this way it is excellent as a summer luncheon dish.

STRAWBERRIES AND CHERRIES.

These should be arranged in rows in a pyramidical form, with the stalks inwards, so that when the whole is completed, nothing but the red part of the fruit is visible. When strawberries are served with cream, the stalks should be removed.

SWEETMEATS.

ACID DROPS.

See **Lemon and Acid Drops.**

ALMOND TOFFEE.

INGREDIENTS.—1 lb. loaf sugar, 5 oz. of almonds, ½ pint of water, a pinch of cream of tartar, almond essence.

METHOD.—Blanch and skin the almonds, cut them across in halves, and dry them in the oven without browning. Dissolve the sugar in the water, add the cream of tartar, and boil until a deep amber-coloured syrup is obtained. Remove the stewpan from the fire, add the almonds and a few drops of almond essence, boil up again, and pour on to a greased or oiled tin.

BUTTER SCOTCH.

INGREDIENTS.—1 lb. of loaf sugar, ½ lb. of butter, a pinch of cream of tartar, ½ pint of milk.

METHOD.—Place the sugar and milk in a stewpan, and stir occasionally by the side of the fire until the sugar is dissolved. Now add the cream of tartar and the butter a small piece at a time, and boil the mixture until a little dropped into cold water forms a moderately hard ball. Pour on to an oiled or greased tin, and as soon as it is sufficiently firm, mark off into small oblongs or squares, and when cold divide the sections thus formed. Wrap each piece first in wax paper, then in tinfoil.

CARAMELS, CHOCOLATE.

INGREDIENTS.—3 oz. of finely-grated vanilla chocolate, 1 lb. of best loaf sugar, ½ pint of cream, ½ pint of milk.

METHOD.—Dissolve the sugar in the milk, add the cream, and bring slowly to boiling point. Dissolve the chocolate in the smallest possible quantity of hot water, stir into the syrup, and boil very gently until a little dropped into cold water at once hardens and snaps easily. Pour it on to an oiled slab into a square formed by bars, or, failing these, into an oiled tin. When cold, cut into squares with a caramel cutter, or a greased knife, and wrap each piece in wax paper.

CHOCOLATE ALMONDS.

INGREDIENTS.—Almonds blanched and dried, chocolate, vanilla essence.

METHOD.—Dissolve the chocolate in the smallest possible quantity of hot water, and flavour it to taste with vanilla essence. Dip each almond in separately, and place them on an oiled slab or plates to set.

CHOCOLATE, HOME-MADE.

INGREDIENTS.—½ lb. of cocoa butter, ½ of a lb. of sweetened cocoa powder, ½ of a teaspoonful of vanilla essence.

METHOD.—Break up the cocoa butter, and put it in a clean saucepan; place this over a pan of boiling water. When the butter is dissolved stir in the cocoa powder, and mix thoroughly. Lastly, add the flavouring essence. Pour into thoroughly clean chocolate bar tins, or small patty tins, and keep in a cool place until set.

LEMON AND ACID DROPS.

INGREDIENTS.—1½ lb. of loaf sugar, ½ pint of water, ½ a teaspoonful of cream of tartar, essence of lemon, 1 dessertspoonful of tartaric acid.

METHOD.—Boil the sugar, water, and cream of tartar together until the mixture acquires a pale yellow tinge, add essence of lemon to taste, and turn the preparation on to an oiled slab. Sprinkle on the tartaric acid, work it well in, and, as soon as it is cool enough to

handle, form into thin rolls, cut off short pieces with the scissors, and roll into shape under the hand. Coat with sifted sugar, dry well, and afterwards store in an airtight tin.

NOUGAT.

INGREDIENTS.—¼ lb. of best castor sugar, ¼ lb. of almonds, 1 dessertspoonful of lemon-juice.

METHOD.—Blanch and chop the almonds coarsely, dry them thoroughly in the oven, but do not let them brown. Place the sugar and lemon-juice in a copper sugar-boiler or stewpan, stir with a spatula or wooden spoon until it acquires a pale brown colour, and add the prepared almonds. Turn on to an oiled slab, press it out with a hot wet knife, mark into small squares, and when cold break them apart.

TOFFEE, RUSSIAN.

INGREDIENTS.—¼ lb. of loaf sugar, ¼ pint of cream, flavouring essence.

METHOD.—Dissolve the sugar in the cream, stand the stewpan in a bain-marie or tin of boiling water, and stir and cook until the mixture thickens and leaves the sides of the pan. Remove from the fire, stir in the flavouring essence, pour on to oiled or greased tins, and when cold cut into squares.

TOFFEE, TREACLE.

INGREDIENTS.—1 pint of treacle, 2 oz. of brown sugar, 1 oz. of butter, ½ a gill of vinegar, ½ a teaspoonful of bi-carbonate of soda, essence of almonds.

METHOD.—Place the sugar in a sugar-boiler or stewpan, pour on the vinegar, and when dissolved add the treacle and boil to the "large ball" degree (247° F.). Remove the pan from the fire, add the soda dissolved in a little hot water, the butter, almond essence to taste, boil to the "small crack" degree (290° F.), and pour into an oiled or greased tin. When partially set, mark into bars or squares, and when quite firm break into sections.

TURKISH DELIGHT.

INGREDIENTS.—½ lb. of icing sugar, 1 lb. of loaf sugar, 1 oz. of leaf gelatine, 2 oz. of almonds or pistachios, 1 orange, 1 lemon, a tablespoonful of rum, 1 gill of water.

METHOD.—Put the gelatine to soak in cold water; blanch the almonds or pistachios, and chop them coarsely. Remove the rinds of the orange and lemon in thin, fine strips, place them in a copper sugar-boiler or stewpan with the loaf sugar, water, and the strained juice of the orange and lemon. When boiling add the gelatine, simmer until dissolved, then strain into a basin and add the rum. Let the mixture remain until on the point of setting, then stir in the almonds or pistachios, and pour at once into a wetted round tin. When perfectly set turn the jelly out, cut it into 1-inch square pieces, and roll them in icing sugar.

SANDWICHES.

To have sandwiches in perfection the bread should not be more than one day old, and sandwich loaves should be provided when a large number have to be prepared, or large French rolls, when rolled sandwiches are preferred. Creamed butter is more easily spread than ordinary butter, but when the latter is used it should first be beaten to a cream. Savoury anchovy, lobster, prawn, and shrimp butters may be usefully employed to give piquancy and variety to other substances; they are also used alone in the preparation of rolled sandwiches, which consist of single slices of bread and butter, spread with some prepared substance, and then lightly rolled.

Sandwiches for afternoon tea, or any occasion where they will come in contact with gloved fingers, should be left perfectly plain on the outside, but when they may be eaten with a fork, some pretty effects may be produced by decorating them with variously-coloured chaudfroid sauces. Or they may be decorated with cold aspic jelly and garnished with lobster coral, Krona pepper, parsley, egg, etc.

ANCHOVY AND EGG SANDWICHES.

INGREDIENTS.—10 anchovies, 3 hard-boiled yolks of eggs, 2 tablespoonfuls of grated Parmesan cheese, butter, cayenne, thin slices of white or brown bread, mustard or curry-butter.

METHOD.—Wash and bone the anchovies, pound them in a mortar with the yolks of eggs, cheese, as much butter as is needed to moisten the whole, and a little cayenne. Prepare some thin slices of bread and curry-butter, spread half of them with the preparation, cover with the remainder, and press these well together. Next trim the edges neatly, and cut them into any shape preferred. Dish neatly on a folded napkin or lace paper, and garnish with watercress or parsley.

BEEF SANDWICHES.

INGREDIENTS.—Cold roast beef, tomato, cucumber, or cress, mustard or curry-butter, white bread, salt.

METHOD.—Spread thin slices of bread with mustard or curry-butter, cover half of them with thinly-sliced beef, add slices of tomato, cucumber, or watercress leaves, seasoned with salt, pepper, and vinegar. Cover with buttered bread, press well together, trim and cut into squares or triangles.

CELERY SANDWICHES.

INGREDIENTS. — Finely-shredded celery, cream, salt and pepper, thin slices of buttered white bread.

METHOD.—Moisten the celery slightly with cream, season to taste, place a thin layer between slices of bread and butter, and serve.

CHEESE SANDWICHES.

INGREDIENTS.—Cheshire or Cheddar cheese, butter, anchovy essence or paste, white or brown bread, salt and pepper, cayenne.

METHOD. — Grate the cheese finely, then either pound or work it until smooth with a little seasoning, anchovy essence, or paste, and as much butter as is needed to form the whole into a soft paste. Have ready some thin slices of bread and butter, spread the cheese preparation on half of them, cover with the remainder, press well, trim, and cut into the desired shape.

CHICKEN OR CHICKEN AND HAM SANDWICHES.

INGREDIENTS.—Cooked chicken, cooked ham or tongue, creamed or watercress butter, 1 large French roll or white bread.

METHOD.—Select a roll 1 day old, rasp the crust, but do not remove it, slice thinly, and spread with butter. Shred the chicken and ham or tongue finely, place a layer between 2 slices of bread and butter, and press well together. Garnish with small salad or watercress.

COD'S ROE SANDWICHES.

INGREDIENTS.—Cod's roe and liver, brown bread, butter, essence of anchovy, 1 finely-chopped small onion, 1 teaspoonful of finely-chopped parsley, lemon-juice or vinegar, salt and pepper.

METHOD.—Fry the onion in ½ oz. of butter until lightly browned, add the roe and liver cut up small, the parsley, and seasoning to taste. Stir over the fire for a few minutes, then pound, sieve and spread it when cold on brown bread and butter. Press well, trim, and cut into circles, squares, or triangles. Garnish with watercress or parsley.

CUCUMBER SANDWICHES.

INGREDIENTS.—1 large cucumber, creamed butter, white or brown bread, salad-oil, lemon-juice, vinegar, salt and pepper.

METHOD.—Peel the cucumber, slice it thinly, season liberally with salt, drain on a hair sieve for about 1 hour, and dry thoroughly. Now put it into a basin and sprinkle with pepper, salad-oil, lemon-juice, or vinegar, liberally or otherwise, according to taste. Have ready some thin slices of bread and butter, stamp out some rounds of suitable size, place slices of cucumber between two rounds of bread, and press the parts well together. Dish slightly overlapping each other in a circle on a napkin, and serve garnished with parsley.

EGG SANDWICHES.

INGREDIENTS.—Fresh eggs, watercress, or mustard and cress, white or brown bread, butter, oil, vinegar, salt and pepper.

METHOD.—Boil the eggs for about 15 minutes, then crack the shells, and leave the eggs in water until quite cold. When ready, shell, slice them thinly, season with salt and pepper, and sprinkle lightly with oil and vinegar mixed in equal proportions. Let them remain for about 15 minutes, then turn them carefully, and season and sprinkle as before. Meanwhile, wash and dry the cress thoroughly, and season it with oil, vinegar, salt, and pepper. Cut some thin slices of bread and butter, spread half of them with the prepared eggs and the rest with cress, press them firmly together, trim away the crust, and cut into shape. Dish them neatly on a folded napkin, garnished with small salad or watercress.

BREAKFAST DISHES.

THE following recipes are simply a compilation of useful preparations specially adapted for the requirements of the morning meal, grouped together quite irrespective of their composition.

BACON AND MACARONI.

INGREDIENTS.—4 oz. of macaroni, 4 oz. of streaky bacon, ½ pint of stock, 1 oz. of butter, nutmeg, salt and pepper.

METHOD.—Break the macaroni into small pieces, put them into slightly salted boiling water, boil rapidly for about 5 minutes, then drain well. Have the stock boiling in a stewpan, put in the macaroni and stew until tender, but not too soft. Cut the bacon into small dice, fry slightly in a sautépan, then add the well-drained macaroni, butter, a good pinch of nutmeg, and salt and pepper to taste. Stir gently over the fire until the macaroni acquires a nice brown colour, then turn on to a hot dish, and serve.

TIME.—About 40 minutes. SUFFICIENT for 2 or 3 persons.

BACON, TOAST AND EGGS.

INGREDIENTS.—3 or 4 rashers of fried bacon, 1 round of toast, 2 eggs scrambled.

METHOD.—Make the toast and fry the bacon crisply. Scramble the eggs as directed, pile the preparation on the toast, arrange the bacon round the base, and serve.

TIME.—About 15 minutes. SUFFICIENT for 2 or 3 persons.

BEEF, MINCED, AND POACHED EGGS.

INGREDIENTS.—½ lb. of underdone roast beef, 2 eggs, ½ pint of gravy, ½ oz. of butter, ½ oz. of flour, 1 finely-chopped small onion, ½ a teaspoonful of mushroom ketchup, Worcester sauce or vinegar, toasted bread, salt and pepper.

METHOD.—Cut the meat into small dice, melt the butter in a stewpan, fry the onion until lightly browned, sprinkle in the flour and brown slightly, then add the stock and boil for a few minutes. Now put in the meat, ketchup, sauce, or vinegar, season with salt and pepper, and let the pan stand where the contents will be kept hot without boiling for about 10 or 15 minutes. Meanwhile, poach the eggs and trim them to a round form; cut the toast into small triangular shapes. When ready to serve, turn the mince on to a hot dish, place the eggs on the top, and surround the base with the pieces of toast. Serve hot.

TIME.—About 20 minutes. SUFFICIENT for 2 persons.

BLOATER FRITTERS.

INGREDIENTS.—2 bloaters, 1 oz. of grated cheese, frying-batter, frying-fat, Krona pepper.

METHOD.—Split the bloaters, remove the heads, skin, bones, and divide each half into three or four pieces, according to size. Make the batter as directed, stir in the cheese, dip in the pieces of fish, coating them carefully, and fry in hot fat until nicely browned. Drain well, and sprinkle with Krona pepper.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

BLOATERS.

See Fish Section.

BRAIN FRITTERS.

INGREDIENTS.—Calf's or pig's brains, 1 tablespoonful of salad-oil or liquid butter, 1 teaspoonful of finely-chopped parsley, ½ of a teaspoonful of finely-chopped shallot or onion, vinegar, frying-fat, frying-batter, fried parsley.

METHOD.—Wash the brains in salt and water, then put them into a saucepan, with cold water to cover, a dessertspoonful of vinegar, a little salt, and boil for about 5 minutes. Let them remain in cold water until cold, then drain well, cut into neat pieces, and sprinkle over them the oil, parsley, shallot, a teaspoonful of vinegar, and a little salt and pepper. Keep them in this marinade for about ½ an hour, turning them two or three times. Have the batter ready, coat each piece carefully, and fry in hot fat until nicely browned. Drain well, and serve on a folded napkin, garnished with fried parsley. If preferred, tomato or piquant sauce may accompany this dish.

TIME.—To fry from 10 to 15 minutes. SUFFICIENT for 4 persons.

Note.—*See* other methods of cooking brains.

CHICKEN CROQUETTES.

See **Chicken Cutlets**, p. 194.

COD'S ROE, FRIED.

INGREDIENTS.—1½ lb. of cod's roe, 1 dessertspoonful of vinegar, 1 small onion, 6 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), 1 egg, breadcrumbs, frying-fat, fried parsley.

METHOD.—Well wash the roe in salt and water, then put it into a stewpan with the onion sliced, vinegar, ½ a teaspoonful of salt, boiling water to cover, and simmer gently for about 1½ hours. When cold, cut into thick slices, coat with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, garnish with fried parsley and serve.

TIME.—About 3 hours. SUFFICIENT for 4 or 5 persons.

COLD MEAT KEDGEREE.

INGREDIENTS.—6 oz. of coarsely-chopped cooked meat, 4 oz. of cooked rice, 2 hard-boiled eggs, 1 oz. of butter or good fat, 1 finely-chopped shallot or small onion, ½ a teaspoonful of finely-chopped parsley, nutmeg, salt and pepper.

METHOD.—Prepare the rice as for curry, chop the whites of the eggs coarsely, rub the yolks through a wire sieve and keep them warm. Melt the butter or fat in a stewpan, slightly fry the shallot or onion, add the meat, and cook for a few minutes, then put in the rice, the whites of eggs, a good pinch of nutmeg, and season well with salt and pepper. Stir over the fire until thoroughly hot, then arrange in a pyramidical form on a hot dish, garnish with the yolks of eggs and parsley, and serve.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

Note.—For other methods of utilising cold meat *see* recipes, pp. 191–206.

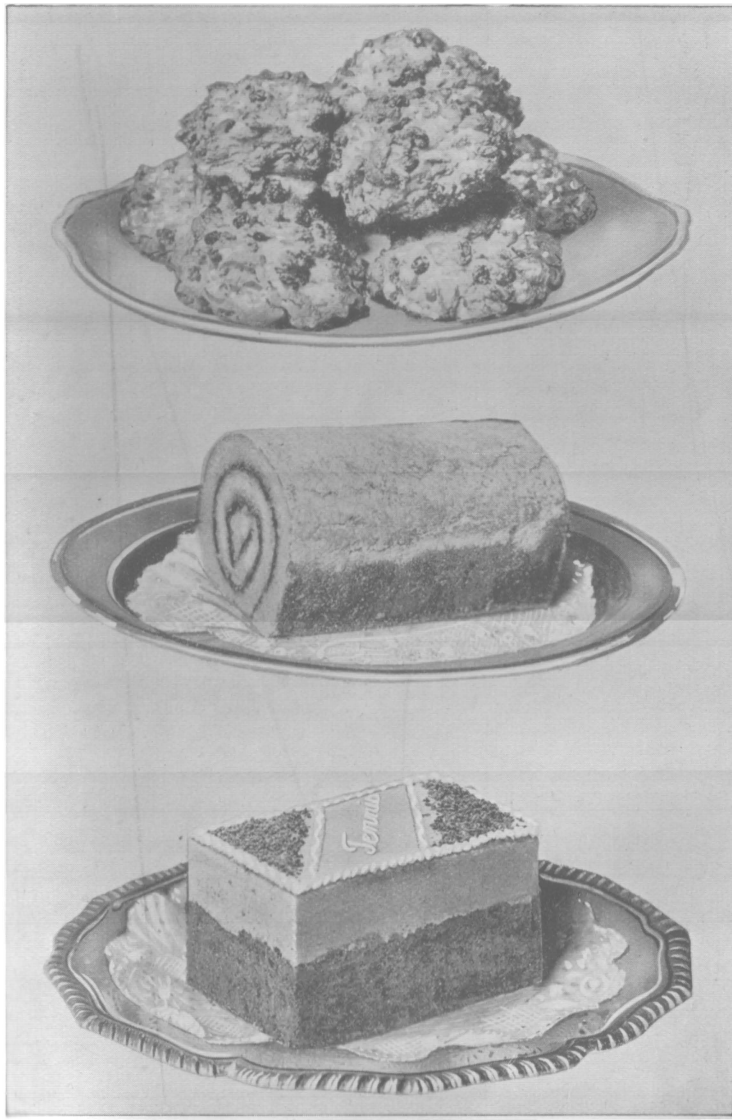
CROQUETTES OF HAM AND RICE.

INGREDIENTS.—6 oz. of finely-chopped cooked ham, 3 oz. of cooked rice, ½ oz. of butter or good fat, 2 tablespoonfuls of white sauce, 1 finely-chopped shallot, powdered sage, fried parsley, salt and pepper, 1 egg, breadcrumbs, frying-fat.

METHOD.—Dry the rice well after cooking it, and chop it finely. Fry the shallot in the butter or fat until lightly brown, then add the ham, rice, and a good pinch of sage, season with salt and pepper, and stir over the fire until hot. Now put in the white sauce and the yolk of egg mixed together, stir until the preparation thickens, then spread it on a plate. When cool, shape into balls or corks, coat with egg and breadcrumbs, and fry in hot fat until nicely browned.

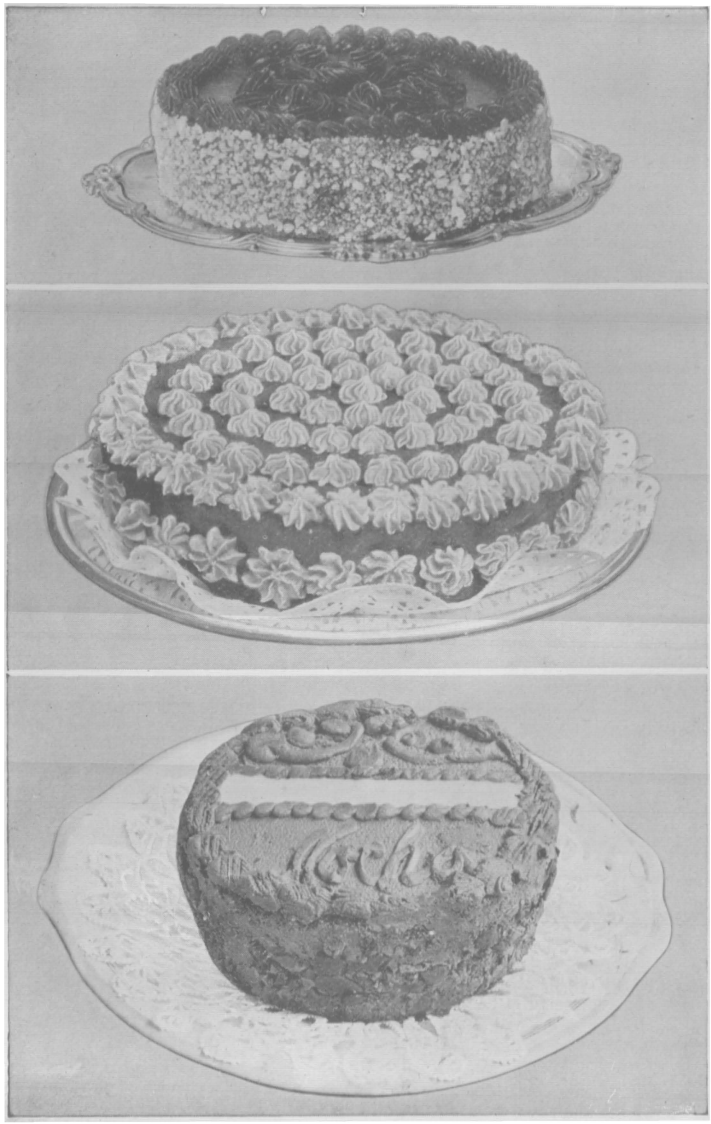
TIME.—From 2 to 3 hours.

CAKES



1. Rock Cakes 2. Swiss Roll. 3. Tennis Cake.

CAKES



1. Coco-nut Cake. 2. Orange Cake. 3. Mocha Cake.

EGGS.

For the various methods of cooking Eggs, *see* recipes, pp. 286–288.

FISH PIE.

See **Fish Pie and Fish Pudding**, p. 197.

FRITTERS, SAVOURY.

INGREDIENTS.—Cold meat of any description, mashed potato, salt and pepper, frying-batter, frying-fat.

METHOD.—This dish admits of many variations; thin slices of veal and ham put together, underdone beef seasoned with ketchup or Worcester sauce, or mutton with slices of tomato, are generally liked. Whatever meat is used, it must be cut into rounds from 1½ to 1¾ inches in diameter. Season the potato liberally with salt and pepper, and stir it over the fire, adding a little milk gradually until it becomes sufficiently moist to be easily spread. Cover both sides of the prepared rounds with potato, smoothing it with a hot wet knife. Dip the rounds in batter (or coat them with egg and breadcrumbs if preferred), and fry them in hot fat. If available, use a deep pan of fat for the purpose; if not, by having a fairly deep layer of fat, and exercising a little care, the fritters may be nicely cooked in a frying-pan.

TIME.—About ½ an hour. SUFFICIENT, allow 2 for each person.

HADDOCK.

See **Fish section.**

HAM RAMAKINS.

INGREDIENTS.—5 oz. of finely-chopped lean cooked ham, 2 eggs, 4 tablespoonfuls of milk, ½ a teaspoonful of powdered mixed herbs, made mustard, Krona pepper, salt and pepper.

METHOD.—Beat the yolks of eggs slightly, add the ham, milk, herbs, a small ½ mustardspoonful of mustard, salt and pepper to taste, and mix well together. Have ready 8 well-greased china ramakin cases, fill them rather more than three-quarters full with the mixture, and bake until set. Meanwhile, beat the whites of eggs to a stiff froth, season with a little salt, and pile roughly above the level of the cases. Sprinkle with Krona pepper, replace in the oven, and bake until the white of egg is crisp and lightly browned. Serve hot.

TIME.—About ½ an hour. SUFFICIENT for 5 or 6 persons.

HERRINGS.

See **Fish section.**

KIDNEY TOAST.

INGREDIENTS.—2 sheep's kidneys or ½ lb. of bullock's kidney, 1 oz. of butter or good fat, ½ a teaspoonful of lemon-juice, cayenne, pepper, salt, 2 slices of hot buttered toast.

METHOD.—Stew the kidneys in a little stock or water until tender, remove the skin and gristle, and pound them in a mortar until quite smooth. Add the butter or fat, lemon-juice, a good pinch of cayenne, and salt and pepper to taste, and pass the mixture through a wire sieve. Spread lightly on the prepared toast, make thoroughly hot in the oven, then serve.

TIME.—From 1½ to 2 hours. SUFFICIENT for 3 or 4 persons.

KIDNEYS AND OYSTERS.

INGREDIENTS.—Grilled kidneys, oysters, salt, and pepper, croûtes of toasted bread.

METHOD.—Blanch the oysters in their own liquor, taking care that they are not overcooked. Place two or three on the top of each half of grilled kidney, season lightly and serve on the croûtes.

TIME.—To blanch the oysters, about 1 minute. SUFFICIENT, 1 kidney and 4 oysters to each person.

MACKEREL, GRILLED.

INGREDIENTS.—1 mackerel. For the marinade (or pickle) : 1½ tablespoonfuls of salad-oil or oiled butter, 1 teaspoonful of finely-chopped parsley, ½ a teaspoonful of finely-chopped shallot or onion, salt and pepper.

METHOD.—Wipe or wash, clean, and dry the fish thoroughly. Score the back with a sharp knife, pour the marinade over, and let it remain for about 1 hour, turning it two or three times. Drain well, and grill over a clear fire from 12 to 15 minutes, according to size. Or, if more convenient, cover it lightly with brown breadcrumbs, add a few small bits of butter, and bake in a moderate oven for about 20 minutes. Serve with parsley, Hollandaise, or other suitable sauce.

TIME.—From 12 to 20 minutes. SUFFICIENT, 1 small mackerel for 2 persons.

MUTTON AND TOMATOES.

INGREDIENTS.—½ lb. of mutton, 3 tomatoes, 2 or 3 tablespoonfuls of brown breadcrumbs, ¼ pint of gravy, butter, salt and pepper.

METHOD.—Cut the meat into thin slices ; also slice the tomatoes. Grease a baking-dish, put a layer of tomatoes at the bottom, cover lightly with breadcrumbs, sprinkle with salt and pepper, and place slices of meat on the top. Repeat until all is used, so contriving that the tomato forms the last layer, and pour in the gravy. Sprinkle the surface thickly with brown breadcrumbs, place a few bits of butter on the top, bake in a moderate oven for about ½ an hour, and serve.

TIME.—About ½ hour. SUFFICIENT for 3 or 4 persons.

OMELET, PLAIN.

INGREDIENTS.—4 eggs, 2 tablespoonfuls of milk, 1½ oz. of butter, salt and pepper.

METHOD.—Beat the eggs just long enough to mix the yolks and whites well together, and add the milk and seasoning. Melt the butter in an omelet-pan, and remove the scum as it rises. Pour in the mixture, stir with a fork until the eggs begin to set, then fold the sides towards the middle in an oblong form ; or draw the mixture towards the handle of the pan, thus forming a half-moon shape. Turn over on to a hot dish, and serve quickly.

TIME.—About 5 minutes. SUFFICIENT for 2 persons.

Note.—Minced cooked ham, tongue, chicken, meat or fish may be mixed with the eggs, or if raw, fried in the butter before putting in the eggs. Such additions as sliced tomatoes, kidneys, etc., are folded inside the omelet when it is partially or completely cooked.

OMELET, SAVOURY.

INGREDIENTS.—4 eggs, 1 tablespoonful of milk, ½ a teaspoonful of finely-chopped parsley, ½ of a teaspoonful of finely-chopped shallot or onion, a pinch of mixed herbs, salt and pepper, 1½ oz. of butter.

METHOD.—Beat the eggs until light, add the milk, parsley, shallot, and herbs, and season with salt and pepper. Melt the butter in an omelet-pan, pour in the mixture, stir with a fork until the eggs are on the point of setting ; then, with a spoon, draw it quickly towards the handle of the pan in the shape of a crescent. Turn over on to a hot dish, and serve as quickly as possible.

TIME.—About 5 minutes. SUFFICIENT for 2 persons.

PORRIDGE.

See recipes, p. 325.

SAUSAGES.

See **Beef, Pork, etc.**

SCOTCH EGGS.

See recipe, p. 288.

SCRAMBLED EGGS.

See recipe, p. 288.

TINNED MEAT.

See pp. 306-310.

MILK, BUTTER, CHEESE AND EGGS.

MILK AND CREAM.

CURDS AND WHEY.

INGREDIENTS.—Milk, rennet.

METHOD.—Rennet varies so much in strength that no definite rules for its use can be given. It may be prepared from the lining of the paunch of a calf, but it is much better to buy it ready prepared. Heat the milk to about 80° Fahr., add rennet according to the printed directions on the bottle, and allow it to stand in a warm place until the curd separates itself from the whey.

MILK AND CREAM TO KEEP IN HOT WEATHER.

METHOD.—In hot weather the milk, as soon as it is received, should be put into a double saucepan or a jug placed in a saucepan of boiling water, and heated nearly to boiling-point. If the milk is allowed to boil, the albumen will coagulate and form a skin on the surface, which will prevent the cream being as completely skimmed off as it would otherwise be. Cream may be kept for about 24 hours, if scalded without sugar, and by the addition of the latter ingredient it will remain good for at least 36 hours, provided that it is kept in a cool place. A little boracic acid also preserves cream and milk by neutralizing the lactic acid.

MILK AND CREAM, TO SEPARATE.

METHOD.—All large dairies are provided with steam separators, and smaller ones with separators worked by hand. In ordinary households, where these mechanical contrivances are not available, the milk should at once be poured into a large and very shallow basin. In about 7 or 8 hours the greater part of the cream will have risen to the surface.

BUTTER.

BUTTER, TO CLARIFY.

METHOD.—Put the butter into a stewpan, heat it slowly, removing the scum as it rises, and when quite clear, pour it carefully into clean and dry jars, leaving the sediment behind.

CREAMED BUTTER (For Sandwiches).

INGREDIENTS.—½ a lb. of fresh butter, 1 gill of cream, mustard, salt and pepper, cayenne.

METHOD.—Beat the butter to a cream, whip the cream stiffly, then

add it lightly to the butter, and season to taste with mustard, salt, pepper, or cayenne.

CURRY BUTTER.

INGREDIENTS.—4 oz. of fresh butter, 1 heaped teaspoonful of curry-powder, ½ a teaspoonful of lemon-juice, salt to taste.

METHOD.—Beat the butter to a cream, then stir in the curry-powder and lemon-juice, and add salt to taste.

FAIRY OR FEATHERY BUTTER.

METHOD.—Work the butter until it is sufficiently soft, then place it in a piece of coarse butter muslin or some loosely woven-fabric through which it can be forced in fine particles, and which must be previously wetted with cold water. Draw the edges of the muslin together and press the butter gently through, letting it fall lightly into the dish.

CHEESE.

CHEESE.

When a whole cheese is bought, and it is necessary to preserve some portion of it for a considerable time, it will be found a good plan to keep the cut surfaces of the cheese covered with well-buttered paper. The rind of the cheese should be left exposed to the air, and it should be turned frequently and its surface well rubbed first with a dry cloth and afterwards with melted fat or oil. To keep moist a piece of cheese that is in daily use, when it comes from the table wrap it at once in a damp cloth, preferably damped with beer, and keep it in a nearly air-tight tin or other receptacle.

CHEESE BALLS.

See recipe, p. 269.

CHEESE BISCUITS.

See recipe, p. 269.

CHEESE, METHODS OF SERVING.

There are several methods of serving cheese. In large establishments, where three or four kinds are in daily use, it is a convenient plan to hand the butter and biscuits in a dual dish and ask what cheese will be eaten with them. Each piece of cheese should, of course, be arranged on a folded napkin, raised at the sides to conceal some of the lower portion of the cheese. When only one kind of cheese is in use, and the number to be served is considerable, the easiest and most economical method is to use dishes with three divisions, and fill one of them with small, square pieces of cheese, and the other two respectively with butter and biscuits. In small households it is more economical to place the cheese on the table in the piece, and cut off from it what is required.

CHEESE OMELET.

INGREDIENTS.—3 eggs, 1 tablespoonful of grated Parmesan cheese, 1 tablespoonful of cream or milk, 1 oz. of clarified butter, pepper and salt.

METHOD.—Whisk the eggs well, then add the cheese, cream, and a little salt and pepper. Have the butter ready, heated and well skimmed, in an omelet-pan, pour in the egg mixture, and stir over the fire until the eggs begin to set. Now fold one half over the other, making it crescent-shaped, or fold the sides towards the middle in the

form of a cushion. Allow the omelet to brown slightly, then turn it on to a hot dish, and serve immediately.

TIME.—About 10 minutes. SUFFICIENT for 2 persons.

CHEESE SOUFFLÉ.

INGREDIENTS.—1½ oz. of grated Parmesan cheese, ½ oz. of butter, ½ oz. of flour, 2 whites of eggs, yolk of 1 egg, ¼ gill of milk, cayenne, salt, clarified butter.

METHOD.—Coat a soufflé-mould well with clarified butter, and tie round it a well-buttered, thickly folded piece of paper to support the soufflé when it rises above the level of the tin. Melt the butter in a stewpan, stir in the flour, add the milk, and boil well. Now mix in, off the fire, the yolk of 1 egg, beat well, then stir in the cheese, and add seasoning to taste. Whisk the whites to a stiff froth, add them lightly to the rest of the ingredients, pour the preparation into the soufflé-tin, and bake in a hot oven from 25 to 30 minutes. Serve in the tin in which it is baked, and if not provided with an outer case, pin round it a napkin (previously warmed), and send to table quickly.

TIME.—From 40 to 50 minutes. SUFFICIENT for 2 or 3 persons.

CHEESE STRAWS.

INGREDIENTS.—½ oz. of finely-grated cheese, ½ oz. of butter, ½ oz. of breadcrumbs, ½ oz. of flour, a good pinch of salt, a small pinch of cayenne, water.

METHOD.—Rub the butter into the flour, add the breadcrumbs, cheese, cayenne, and salt, and just sufficient cold water to mix into a stiff paste. Roll the paste out to about ¼ inch in thickness, cut it into strips about 3 inches long and ½ inch wide, and place the strips on a greased baking-sheet. Bake in a moderately cool oven until crisp, and serve either hot or cold.

TIME.—About ¼ of an hour. SUFFICIENT for 2 or 3 persons.

CHEESE, TOASTED.

INGREDIENTS.—6 oz. of Cheshire or Cheddar cheese, 1 oz. of butter, 1 mustardspoonful of dry mustard, cayenne, buttered toast.

METHOD.—Knead the butter, mustard, and a good pinch of cayenne, well together on a plate. Prepare one slice of buttered toast, trim the edges, cover with half the cheese sliced very thinly, and spread on half the butter. Now add the remainder of the slices of cheese, cover with butter as above, and cook in a Dutch oven before the fire until the cheese is melted. Serve as hot as possible.

TIME.—About 20 minutes. SUFFICIENT for 2 persons.

CREAM CHEESE.

INGREDIENTS.—3 pints of double cream.

METHOD.—Tie the cream in a clean wet cloth, and hang it in a cool place for 6 or 7 days. At the end of this time put it into a mould previously lined with butter muslin, and place it under slight pressure for 2 or 3 days, turning it two or three times daily.

TIME.—About 10 days

GOLDEN BUCK.

See recipe, p. 270.

WELSH RABBIT OR RAREBIT.

INGREDIENTS.—4 oz. of Cheshire or Cheddar cheese, ½ oz. of butter, 2 or 3 tablespoonfuls of milk or ale, mustard, pepper, buttered toast.

METHOD.—Cut the cheese into small pieces, place these in a saucepan with the butter, milk, or ale, ½ a mustardspoonful of mustard, and pepper to taste, and stir the mixture by the side of the fire until it resembles thick cream. Have ready some squares of hot well-buttered toast, pour on the cheese preparation, and serve as quickly as possible.

TIME.—About 10 minutes. SUFFICIENT for 4 or 5 persons.

EGGS.

BOILED EGG.

METHOD.—Eggs for boiling cannot be too fresh, but a longer time should be allowed for boiling a new-laid egg than one that is 3 or 4 days old. Have ready a saucepan of boiling water, put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, to avoid cracking the shell. For those who like eggs lightly boiled, 3 to 3½ minutes will be found sufficient, about 4 minutes' gentle boiling will lightly coagulate the white, and about 5 minutes will set it firmly. Eggs for salads and sandwiches should be boiled for about 10 minutes. Cracking the shell and allowing the egg to remain in water until cold prevents a dark rim forming round the yolk.

CURRIED EGGS.

INGREDIENTS. — 4 hard-boiled eggs, ½ pint of stock or milk, 1 oz. of butter, 1 teaspoonful of curry-powder, 1 teaspoonful of flour, 1 finely-chopped small onion, lemon-juice, salt, 4 oz. of cooked rice.

METHOD.—Wash and dry the rice and cook until tender; shell the eggs and cut them in quarters. Fry the onion slightly in the hot butter, sprinkle in the flour and curry-powder, and cook slowly for about 5 or 6 minutes. Add the stock or milk, season with salt and lemon-juice and simmer gently for about ½ of an hour. Then put in the eggs, and let them remain until thoroughly heated, and serve. The rice may be arranged as a border, or served separately.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

DUCKS' EGGS.

Ducks' eggs are more strongly flavoured than those of fowls, and, when plainly boiled, are not generally liked. They may be used with advantage in all culinary preparations, 1 duck's egg being equal to 2 small hens' eggs.

EGG CROQUETTES.

INGREDIENTS. — 4 hard-boiled eggs, 6 coarsely-chopped preserved mushrooms, 1 oz. of butter, ½ oz. of flour, ¼ gill of milk, breadcrumbs, nutmeg, salt and pepper, frying-fat, fried parsley.

METHOD.—Chop the eggs finely or rub them through a wire sieve. Fry the mushrooms lightly in the hot butter, stir in the flour, add the milk, and boil well. Now put in the eggs, season to taste, add a pinch of nutmeg, mix well over the fire, then spread on a plate to cool. When ready to use shape into balls or corks, coat carefully with a batter (milk and flour mixed to the consistency of cream), cover with breadcrumbs, and fry in hot fat until golden-brown. Drain well, and garnish with fried parsley.

TIME.—From 2 to 3 hours. SUFFICIENT for 4 or 5 persons.

EGGS IN ASPIC.

INGREDIENTS. — 2 hard-boiled eggs, ¾ of a pint of aspic jelly, chervil, small cress.

METHOD.—Coat the bottom of 4 dariole-moulds with jelly, decorate them with chervil, and when set put in slices of egg and aspic jelly alternately, taking care that each layer of jelly be firmly set before adding the egg. When the whole is firmly set, unmould and decorate with chopped aspic and cress.

TIME.—About 2 hours. SUFFICIENT for 4 persons.

EGGS WITH HAM.

INGREDIENTS.—3 eggs, 1 tablespoonful of finely-chopped cooked ham, 1 dessertspoonful of browned breadcrumbs, 1 tablespoonful of white or brown sauce or gravy, ½ oz. of butter, salt, and pepper.

METHOD.—Grease 3 china soufflé cases. Season the ham with pepper, moisten with the sauce or gravy, add a few drops of mushroom ketchup or any cruet sauce, and put the preparation into the cases. Now add the eggs, taking care to keep the yolks whole, and sprinkle on a little salt and pepper. Cover with a thin layer of breadcrumbs, place small pieces of butter on the top, bake in a moderate oven until the eggs are set, and serve them in the cases.

TIME.—From 15 to 20 minutes. SUFFICIENT for 3 persons.

FRICASSÉE OF EGGS.

INGREDIENTS. — 4 hard-boiled eggs, ½ pint of white sauce, fried or toasted croûtons of bread, finely-chopped parsley, salt and pepper.

METHOD.—Boil the eggs hard, cut them into rather thick slices, and reserve the yolk of 1 for garnishing. Prepare the sauce as directed, season to taste, put in the sliced eggs, and let them become thoroughly hot. Arrange neatly on a hot dish, sprinkle with parsley, and yolk of egg previously passed through a fine sieve, garnish with croûtons, then serve.

TIME.— About ½ an hour. SUFFICIENT for 2 or 3 persons.

FRIED EGGS.

INGREDIENTS.—4 eggs, 2 oz. of butter or fat, toasted bread.

METHOD.—Heat the butter or fat in a frying-pan. Break the eggs into cups, slip them gently in the hot butter or fat, and fry until the whites are set. Whilst they are frying, draw the whites gently over the yolks with a spoon, and when set, baste them well with the butter or fat. Take the eggs up with a slice, drain well from fat, trim them neatly, and serve on slices of toast. If the eggs are to be served with ham or bacon, cook them in the fat obtained by frying the same.

TIME. — About 10 minutes. SUFFICIENT for 2 or 3 persons.

OVERTURNED EGGS.

INGREDIENTS.—Eggs, breadcrumbs, butter, salt and pepper.

METHOD.—Thoroughly grease some china ramakin-cases or very small patty-pans. Coat them rather thickly with breadcrumbs, into each one break an egg, and sprinkle lightly with salt and pepper. Bake gently until set, then invert them carefully on to a hot dish and serve.

TIME. — About 10 minutes. SUFFICIENT, 1 for each person.

POACHED EGGS.

INGREDIENTS.—Eggs, buttered toast, salt, vinegar, or lemon-juice.

METHOD.—Eggs for poaching should be fresh, but not new-laid; for if poached before they have been laid 36 hours, the white is so milky that it is almost impossible to coagulate it. To prepare, boil some water in a shallow stewpan or deep frying-pan, add salt to taste, and allow to each pint of water 1 tablespoonful of vinegar, or 1 teaspoonful of lemon-juice. Break the egg into a cup, taking care to keep the yolk whole, and when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Tilt the pan, with a tablespoon gently fold the white of the egg over the yolk, so as to produce a plump appearance, and simmer gently until the white is set. Take it up carefully with a slice, trim the edges if necessary, and serve either on buttered toast, slices of ham or bacon, or spinach.

TIME.—About 5 minutes to cook. SUFFICIENT, 2 eggs for each person.

POACHED EGGS WITH HAM.

INGREDIENTS.—4 eggs, 3 oz. of finely-chopped cooked ham, 4 rounds of buttered toast, the size of the eggs when cooked, 4 small teaspoonfuls of milk, butter, 1 teaspoonful of finely-chopped parsley, cayenne, salt and pepper.

METHOD.—Add the parsley and a little pepper to the ham. Coat 4 small deep patty-pans thickly with butter, over which sprinkle the ham preparation, then to each patty-pan add an egg, breaking them carefully so as to keep the yolks whole. Season with salt, pepper, and cayenne, add a teaspoonful of milk to each tin, and place on the top a morsel of butter. Put the tins in the oven in a sauté-pan, surround them to half their depth with boiling water, and poach until the white is firm. When ready, turn the eggs carefully out of the tins on to the toast, and serve.

TIME. — About 15 minutes. SUFFICIENT for 4 persons.

SCOTCH EGGS.

INGREDIENTS. —3 hard-boiled eggs, ½ lb. of sausages, 1 raw egg, breadcrumbs, frying-fat, fried parsley, 6 croûtes of fried bread, or toast.

METHOD.—Skin the sausages, mix them together and divide into 3 equal parts. Shell the eggs, enclose them in the sausage meat, coat with egg and breadcrumbs, and fry in hot fat, which should be sufficiently deep to cover them. Drain well, cut them in halves, dish them on the croûtes, and serve garnished with parsley. Tomato sauce frequently accompanies this dish.

TIME.—About ½ an hour, to prepare and cook. SUFFICIENT for 3 or 4 persons.

SCRAMBLED EGGS.

INGREDIENTS.—4 eggs, 2 slices of buttered toast, 1 oz. of butter, 2 tablespoonfuls of milk, salt and pepper, chopped parsley.

METHOD.—If liked, round, oval, or triangular croûtes of toasted bread may be used, but for ordinary purposes each slice of toast may be trimmed and cut into quarters. Beat the eggs slightly, season them with salt and pepper, add the milk, and pour the mixture into a stewpan, in which the butter should have been previously melted. Stir over the fire until the eggs begin to set, then pile on the toast, sprinkle with parsley and serve.

TIME. — About 10 minutes. SUFFICIENT for 4 persons.

SCRAMBLED EGGS WITH MUSHROOMS.

INGREDIENTS.—4 eggs, 6 button mushrooms (preferably fresh ones), 1 oz. of butter, 2 tablespoonfuls of milk, 2 slices of buttered toast, salt and pepper.

METHOD.—Prepare the mushrooms, cut them into small dice and fry lightly in the butter. Meanwhile, trim the toast and divide each slice into 4 squares. Beat the eggs slightly, season them with salt and pepper, add the milk, and pour the mixture into the stewpan. Stir over the fire until the eggs begin to set, then pile the preparation on the toast, and serve as hot as possible.

TIME. — About 10 minutes. SUFFICIENT for 4 persons.

CHEESE.

1 Gorgonzola. 2 Double Gloucester. 3 Koboko. 4—Parmesan. 5 Dutch. 6 Roquefort. 7 Schabzieger. 8 Dunragit. 9 York Cream. 10 Port du Salut. 11 Cheddar. 12 Pommel. 13 Camembert. 14 Mainzer. 15 Cheshire. 16—Stilton. 17—Cream Bondon. 18 —Gruyère. 19 —Wiltshire Loaf. 20—Cheddar Loaf.

CAKES, ICING, BUNS, BISCUITS, BREAD, ETC.

Cakes.—Success in cake-making is easily attained if the recipes are carefully followed, and the rules for mixing and baking strictly adhered to.

Good cooking butter should be used for rich cakes; for plain cakes, margarine, clarified fat, or home-made lard is more economical. Always beat the butter to a cream unless the recipe states the contrary.

Eggs should also be perfectly good, although they need not be new laid. They should be broken one at a time into a cup in case one might be bad.

Bicarbonate of soda should be thoroughly mixed with the water or milk used for a cake, for nothing can be more disagreeable than to *taste* it.

"Firsts" or Hungarian flour is finer and whiter, and also dearer than American, Canadian or town-made Whites. For pastry, fancy bread and cakes, when lightness and whiteness are essential qualities, its use may be strongly recommended.

Baking-powder should be mixed with flour before adding other ingredients, and the cake should be placed in the oven as soon as possible after the eggs or milk have been added. If allowed to remain too long the cake will become heavy.

Currants, after being well washed, should be thoroughly dried and freed from grit and stones.

For cakes, the heat of the oven is of great importance, and the temperature must be regulated by the size and consistency of the cake to be baked. Small cakes may be baked quickly, but larger ones require a slower oven. A light mixture, such as Genoa or sponge cake, needs a quick oven, while a rich fruity cake of corresponding size, or shortbread and biscuits, must be baked in a moderate oven. It is difficult to give hard and fast rules for baking; common sense and experience are the best guides. To ascertain whether cakes and bread are sufficiently done, the best plan is to thrust a skewer into them; if it comes out all sticky it is certain that they are not sufficiently cooked.

When the oven is very hot, and the tops of the cakes are taking too much colour, cover them with a sheet of kitchen paper.

The tin of any cake requiring long baking should be carefully lined with greased paper. To prevent the bottom of a cake, subjected to long cooking, from burning, the tin should be stood on a baking-sheet covered with a layer of sand.

Always close the oven door gently and open it as little as possible; never before 10 minutes after small cakes have been put in, or for 20 minutes in the case of large cakes.

Bread.—Nothing can equal for its sweet flavour and keeping qualities, home-made bread moulded in

an earthenware loaf dish, and baked either in a brick oven, or in an old-fashioned oven attached to an open fireplace. But with proper care excellent bread can be made, moulded in loaf tins, and baked in any oven which can by any means be made hot enough for the purpose. Bread of good household flour, properly made and baked, will keep moist for quite a week, therefore, granting the means of keeping the bread in good condition are at hand, baking day need be only a weekly occurrence. All ventilating appliances attached to the oven should be closed while bread is being baked, so as to keep in the steam, otherwise the crust might be too hard.

Flour varies considerably according to the country where the wheat is grown, and whether it be "country milled" or "town milled." Town milled flour is generally a little higher in price and better in quality, because the town miller has a wider choice of wheat, and therefore better opportunities of supplying flour which combines the desirable qualities of good colour and sweet flavour, and "strength" that is so essential for bread-making purposes. Flour should be in a dry condition when bought, and kept in a dry place. Good dry flour absorbs more moisture, and therefore more bread is obtained from a given amount of flour.

Yeast.—The choice of yeast is considerable, for besides ordinary brewers' yeast, and Brewers' and Bakers' "Patent," there is an immense quantity imported from the Continent, and vast quantities are also supplied by the distilleries. Yeast is a plant, and its growth, like that of other vegetable and animal organisms, may be hastened by warmth and moisture, retarded by cold, or terminated by intense heat. When water of too low a temperature is added to yeast, the dough rises slowly, when too hot, the dough rises insufficiently, because it has been deprived of its power, in consequence of the least resistant parts of the plant having been killed.

Baking-powder may be used in making bread, but it is less suitable for large loaves than small bread and cakes.

For home-made bread the utensils required are simple, and the trouble less than those who have yet hesitated to undertake the task would imagine. It is necessary to have a trough or pan of a size suitable for the quantity of bread to be made, deep enough to allow for the dough to be mixed without spilling the flour, and to rise without running over the pan. Besides this there should be a strainer for the yeast and a large, strong spoon. The best way of keeping bread fresh is to put it in a covered earthen pan, raised a little from the ground so that a current of air can pass underneath; or each loaf may be wrapped first in grease-proof and then in brown paper, and kept on a shelf in a cool room. If kept till rather stale, it can be freshened by being enclosed in a large biscuit tin and warmed through in a gentle oven.

Very plain cakes and buns for children can be made from the bread dough with the addition of a little sugar, currants or raisins, and dripping. For bread, the oven should be quick and the heat so regulated as to penetrate the dough without hardening the outside. The drawback to many ovens in ordinary ranges is that the heat is often nearly all at one side, thus necessitating the constant opening of the door to turn the loaves. Some ovens, however, are so constructed that the heat circulates, but even then, when baking more than one loaf, they must be turned from side to side and end to end, to equalize the baking. In any case bring the oven to the right heat *before* putting in the bread, instead of relying upon its getting hot enough, and perhaps too hot, afterwards.

CAKES.

ALMOND CAKE.

INGREDIENTS.—6 oz. of ground sweet almonds, ½ oz. of pounded bitter almonds, 6 oz. of castor sugar, 3 oz. of butter, 1 lb. of flour, 4 eggs, essence of lemon.

METHOD.—Break the eggs into a clean bowl, add the sugar, previously warmed, and beat the mixture well together with a wire egg whisk until it is as thick as cream. Add the butter (melted), mix in the almonds, flour (sifted), and essence of lemon with a spoon. Grease a plain mould, fill it with the mixture, and bake in a steady oven. It will require from 1½ to 2 hours to bake, and great care must be taken to prevent the mixture burning. As a precaution, it is advisable to lay 3 or 4 thicknesses of newspaper under the mould, and wrap the same round the sides, fixing the paper in place with a piece of twine.

TIME.—About 2 to 2½ hours. SUFFICIENT for a 2½ lb. cake.

BREAKFAST CAKES.

INGREDIENTS.—½ lb. of flour, ½ teaspoonful of baking-powder, ½ teaspoonful of salt, 1½ gills of milk, ½ oz. of castor sugar, 1 egg.

METHOD.—These cakes are made in the same manner as home-made bread, with the addition of egg and sugar. Mix the flour, baking-powder, and salt well together, and stir in the sifted sugar. Add the milk and egg, which should be well whisked, and with this liquid work the flour, etc., into a light dough. Divide it into small cakes, put them into the oven immediately.

TIME.—About 20 minutes to bake. SUFFICIENT for 9 or 10 cakes.

CHRISTMAS CAKE.

INGREDIENTS.—½ lb. of butter, ½ lb. of castor sugar, ½ lb. of sultanas, ½ lb. of currants, 6 oz. of mixed candied peel, 1 lb. of flour, ½ oz. of baking-powder, 4 eggs, milk.

METHOD.—Sieve the baking-powder two or three times with the flour on to a sheet of paper to mix well. Put the butter and the sugar into a clean pan and stand in front of the fire to soften. Weigh the fruit on to the flour, having carefully cleaned and picked them free from stalks and stones. Cut up the peel into thin shreds, and lay it with the fruit and flour. Break the eggs into a clean basin. Now proceed to beat up the butter and sugar into a cream with your hand, add the eggs 1 at a time, beating well after each addition. When all are in, add the flour and fruit, moisten to the usual cake batter consistency with milk, and bake in round or square well-papered and greased tins.

TIME.—About 3 to 4 hours to bake. SUFFICIENT for a 3 lb. cake.

COCO-NUT CAKE.

INGREDIENTS.—3 oz. of butter, 4 oz. of castor sugar, ½ lb. of flour, 2 oz. of desiccated coco-nut, ½ oz. of baking-powder, 1 egg, milk, essence of lemon.

METHOD.—Sieve the baking-powder well with the flour on to a sheet of paper laid on the table. Weigh and add the coco-nut. Put the butter and sugar into a clean basin, warm slightly, and beat up well with a large wooden spoon; beat in the egg, and add the flavouring, flour, and coco-nut; bring to cake batter consistency with milk, put the mixture into a well papered and greased tin, sprinkle some coco-nut over the top, and bake in a warm oven.

TIME.—From 1 to 2 hours. SUFFICIENT for 1 cake.

COCO-NUT ROCKS.

INGREDIENTS.—5 oz. of flour, 4 oz. of butter, 3 oz. of desiccated coco-nut, 4 oz. of sugar, 1 or 2 eggs.

METHOD.—Beat the sugar and butter together, add the coco-nut and flour by degrees, then the egg, still beating the mixture. Drop it in small spoonfuls on to a baking-tin (greased), and bake in a quick oven.

TIME.—About 8 minutes, to bake the cakes. SUFFICIENT for 15 to 16 cakes.

COFFEE OR MOKA CAKE.

INGREDIENTS.—½ lb. of butter, ½ lb. of brown sugar, ½ lb. of golden syrup, ½ lb. of currants, ½ lb. of sultanas, 1½ lb. of flour, ½ oz. of baking powder, 2 eggs, ½ oz. of nutmeg, cloves and cinnamon mixed, coffee, a little milk.

METHOD.—Sieve the baking-powder and spices with the flour into a pan, add the spices, sugar, and butter; rub well together, make a well in the centre, pour in the syrup, add about ½ pint of strong, cold coffee, break in the eggs, and beat well together; then mix in the other ingredients with a strong wooden spoon, using a little milk if not moist enough, mix in the fruit last, and then bake in a square cake-pan nicely papered.

TIME.—About 1 to 2 hours. SUFFICIENT for a cake about 1½ lb.

CORNFLOUR CAKES.

INGREDIENTS.—4 oz. of cornflour, 4 oz. of flour, 6 oz. of butter, 6 oz. of sifted sugar, 2 eggs.

METHOD.—Melt the butter, then add the other ingredients; beat for about 20 minutes. Lay into patty-pans, and bake in a warm oven.

TIME.—About ½ of an hour. SUFFICIENT for 2 dozen small cakes.

CURRANT CAKE.

See **Seed Cake.**

DOUGHNUTS.

INGREDIENTS.—½ pint of new milk, ½ oz. of compressed yeast, 1 egg, 2 oz. of sugar, 2 oz. of butter, flour, raspberry jam, lard for frying.

METHOD.—Make the milk warm, and dissolve the yeast in it; stir in about ¼ lb. of flour and the sugar, cover over, and stand the mixture aside in a warm place where it will not be disturbed, and leave it to rise up and drop. When it drops it is ready, but it must not be touched until it has dropped. When ready, add the melted butter, the egg, and a pinch of salt; beat it well together, and then add sufficient flour to make a workable paste. Put the paste when made into a basin, cover over, and stand it aside in a warm place to prove; when well proved, turn out on to the board, dry over, and divide up into 2-oz. pieces, mould up round, then flatten the pieces out slightly with a rolling-pin, damp round the edges, lay 1 spoonful of raspberry jam in the centre, and gather the edges into the centre, forming them up into round balls with the jam in the middle; pinch them together firmly and lay them on a clean floured cloth as each one is worked. Cover over with another cloth when they have all been done, and stand them aside to prove. When they are light enough, have ready a pot of boiling lard on the stove, drop the doughnuts into it, cook them for about 7 minutes on one side and then turn them over and cook them the reverse way. Take up with a drainer on 3 or 4 thicknesses of clean kitchen paper, and when the doughnuts have all been cooked roll them into fine castor sugar, and serve.

TIME.—To cook, about 15 minutes. SUFFICIENT for about 1 dozen doughnuts.

DROP CAKES.

INGREDIENTS.—¼ lb. of butter, 6 oz. of castor sugar, ½ lb. of flour, 2 eggs, baking-powder, and milk.

METHOD.—Add 1 teaspoonful of baking-powder to the flour on the board, well mix it and run it through a sieve 2 or 3 times. Put the butter and sugar into a clean basin, and beat it well up into a

cream with the hand, add the eggs one at a time, beating well after each addition, and when all are well beaten in, add the flour, and moisten the mixture with milk to batter consistency. Scrape down the sides with a palette-knife, and with the point of the knife mix in all the material scraped down. Have some clean white sheets of kitchen paper cut to the size that will fit the baking-plates or tins, and with a spoon lay out small cakes all over the sheets of paper, allowing about 1½ inches between each cake or drop, which should be about the size of half a walnut shell; then dust lightly over with sugar and bake in a moderate oven.

TIME.—About 1 hour. SUFFICIENT for about 2 dozen cakes.

ECONOMICAL CAKE.

INGREDIENTS.—1 lb. of flour, ½ of a lb. of castor sugar, ½ of a lb. of butter, lard or beef dripping, ½ a lb. of currants, 1 teaspoonful of baking-powder, 2 eggs, ½ a pint of milk.

METHOD.—Beat the butter and sugar to a cream, well beat in the eggs, then stir all the ingredients together. When the mixture has been well beaten, stir in the fruit, put the cake in a greased mould, and bake it in a moderate oven for about 1½ hours.

TIME.—About 1½ hours. SUFFICIENT for 1 medium-sized cake.

FRUIT CAKE.

INGREDIENTS.—Butter, flour, currants, candied peel, and sugar, each ½ lb., ½ a grated nutmeg, a few chopped almonds, the juice and rind of 1 lemon, 2 eggs, a little milk.

METHOD.—Beat the butter to a cream, add the eggs one by one, and then the other ingredients, and bake in a paper-lined and greased tin. The oven must not be too hot.

TIME.—About 1 to 2 hours, to bake. SUFFICIENT for 1 large or 2 medium-sized cakes.

GENOA CAKE.

INGREDIENTS.—2 eggs, 4 oz. of butter, 6 oz. of flour, ¼ of a lb. of castor sugar, milk, apricot jam, coffee, or any other icing.

METHOD.—Slightly warm the butter in a clean basin until it is easy to beat with a wooden spoon, then add the sugar and beat to a cream; next the eggs one by one, and the milk, then mix in the flour. Pour the mixture into a greased baking-tin, and bake in a quick oven for about 10 minutes. When cold divide the sheet in two, and sandwich together with apricot or any other jam. Coat it with icing, and let it stand for a few minutes.

TIME.—About 15 minutes to bake. SUFFICIENT for 1 small cake.

HONEY CAKE.

INGREDIENTS.—½ a breakfastcupful of sugar, 1 breakfastcupful of rich sour cream, 2 breakfastcupfuls of flour, ½ a teaspoonful of bicarbonate of soda, honey to taste.

METHOD.—Mix the sugar and cream together, dredge in the flour, add as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the bicarbonate of soda, and beat the cake well for about 5 minutes. Put it into a greased tin, and bake it from ½ to ¾ of an hour, serve warm.

TIME.—About ½ to ¾ of an hour. SUFFICIENT for 3 or 4 persons.

ICED CAKE.

INGREDIENTS.—½ lb. of flour, ½ lb. of currants, ½ lb. of sugar, ½ oz. of mace and cloves, 12 sweet almonds, 6 bitter almonds, 6 oz. of butter, 3 eggs, 1 oz. of mixed peel, 1 teaspoonful of bicarbonate of soda.

METHOD.—Blanch and split the almonds, and mix all the dry ingredients together. Warm the butter in a clean basin, add the sugar, and beat to a cream with the hand; add the eggs one at a time, beating well after each addition; when all are in, add the other ingredients,

well mix, and turn out into a round papered and greased tin. Bake for about 1½ hours. When cold cover with white icing, and decorate.

TIME.—About 1½ hours. SUFFICIENT for 1 cake.

LUNCHEON CAKE.

INGREDIENTS.—½ lb. of butter or 6 oz. of good beef dripping, 1 lb. of flour, ½ lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 2 eggs, ½ pint of milk, 2 small teaspoonfuls of baking powder.

METHOD.—Rub the baking-powder and butter or dripping into the flour until it is quite fine; add the currants (which should be nicely washed, picked, and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked, and with the milk wet up the other ingredients into a nice soft cake batter. Grease a tin, pour the cake mixture into it, and bake it in a moderate oven from ½ to 1 hour.

TIME.—About 1 to 1½ hours. SUFFICIENT for 1 cake.

MADEIRA CAKE.

INGREDIENTS.—½ lb. of butter, ½ lb. of flour, 6 oz. of castor sugar, the grated rind of ½ a lemon, 1 thin slice of candied peel, 1 large or 2 small eggs, and a little milk.

METHOD.—Put the butter and sugar into a clean pan, add the grated rind of lemon, and with a wooden spoon beat it up to very light cream; add the egg and a little milk, and beat well. When the batter is very light and creamy, add the flour, stir it in lightly with the hand, and when well mixed divide the mixture equally into 2 round tins, papered at the bottoms and sides with greased white paper; dust sugar over from a dredger, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven for about 1 to 1½ hours.

TIME.—About 1 to 1½ hours. SUFFICIENT for 2 medium-sized cakes.

MOCHA CAKE.

Proceed as directed in Orange Cake, substituting Coffee Icing for Orange Icing.

ORANGE CAKE.

INGREDIENTS. — Genoa cake, orange icing, royal icing.

METHOD.—Let the cake become cold, split it in half, spread on a layer of orange icing, replace the upper half, mask with orange icing, and decorate with royal icing.

TIME.—To bake about 15 minutes. SUFFICIENT for one cake.

PARKIN.

INGREDIENTS.—2 lb. of fine oatmeal, 1½ lb. of treacle or golden syrup, 3 oz. of butter or lard, 2 oz. of brown moist sugar, ½ oz. of ground ginger, milk.

METHOD.—Let the treacle warm gradually by the side of the fire until it becomes quite liquid. Meanwhile, rub the butter or lard into the oatmeal, and add the sugar and ginger. Stir in the treacle with a strong wooden spoon. To follow the Yorkshire method exactly, the vessel which held the treacle must be rinsed out with beer, but milk may be substituted. This is added gradually until the right consistency is obtained. The mixture must be smooth, but it must not drop too easily from the spoon. Have ready one large or two medium-sized greased Yorkshire pudding tins, pour in the mixture, and bake in a steady oven until the centre of the parkin feels firm (from 1 to 1½ hours, according to thickness). As the mixture improves by being allowed to stand, each cake should be baked separately when the oven is a small one. Let the parkin cool slightly, then cut it into squares, remove them from the tin, and when cold place them in an air-tight biscuit-tin. It may be kept for months.

TIME.—To bake, from 1 to 1½ hours. SUFFICIENT for 1 large or 2 medium-sized tins.

PLAIN CAKE.

INGREDIENTS.—1 lb. of flour, 1½ teaspoonfuls of baking-powder, ¼ lb. of good beef dripping, 1 teacupful of moist sugar, 1 breakfastcupful of milk, ½ oz. of caraway seeds, ¼ lb. of candied peel cut fine.

METHOD.—Put the flour and baking-powder into a basin; stir these together, then rub in the dripping, add the sugar, caraway seeds, and peel; add the milk, and beat all together very thoroughly until the ingredients are well mixed. Grease a tin, put in the cake mixture, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using; to ensure this, it should be clarified. Beef-dripping is better than any other for cakes, etc., as mutton-dripping frequently has a very unpleasant flavour, which would be imparted to the preparation.

TIME.—About 1½ to 2 hours. SUFFICIENT for 1 cake.

PLUM CAKE (Without Eggs).

INGREDIENTS.—1 lb. of flour, ¼ lb. of butter, ¼ lb. of sugar, ¼ lb. of currants, ¼ lb. of sultanas, 4 oz. of candied peel, ½ pint of milk, ½ teaspoonful of carbonate of ammonia, a pinch of bicarbonate of soda.

METHOD.—Put the flour into a basin with the sugar, bicarbonate of soda, currants, sultanas, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well until everything is mixed. Put the batter into a greased tin and bake the cake from 1½ to 2 hours.

TIME.—About 1½ to 2 hours. SUFFICIENT for 1 medium-sized cake.

POTATO CAKE.

INGREDIENTS.—1 lb. of potato flour, ¼ lb of butter beaten to a cream, ¼ lb. of castor sugar, 1 egg, or the whites of 2, 10 drops of essence of lemon.

METHOD.—Mix the ingredients and beat them thoroughly for about 10 minutes; then pour into a greased cake-tin, and bake for about 15 minutes in a rather quick oven.

TIME.—About ¼ an hour. SUFFICIENT for 1 cake.

POUND CAKE.

INGREDIENTS.—¼ lb. of butter, 10 oz. of flour, ¼ lb. of castor sugar, ¼ lb. of currants, 3 eggs, 2 oz. of mixed candied peel, 1 oz. of sweet almonds, milk, and, if liked, a little pounded mace.

METHOD.—Shred the peel very finely, taking equal quantities of orange, lemon, and citron. Blanch the almonds, and chop them finely. Sieve the flour on to a sheet of paper, and add the peel and almonds to it. Put the butter into a clean bowl, and beat it up to a light cream with the hand, then add the sugar and give it another good beating; add the egg and beat the mixture well, and when all these ingredients are in, add the flour and carefully mix, using a little milk, if necessary, to bring the mixture to proper cake-batter consistency. Turn the preparation into a round tin, lined at the bottom and sides with white greased paper. Bake it from 1½ to 2 hours, and let the oven be well heated when the cake is first put in, otherwise the currants will all sink to the bottom.

TIME.—From 1½ to 2 hours. SUFFICIENT for 1 medium-sized cake.

QUEEN CAKES.

INGREDIENTS.—¼ lb. of flour, ¼ lb. of butter, ¼ lb. of castor sugar, 1 egg, ¼ a teacupful of cream or less of milk, ¼ lb. of currants, ½ a teaspoonful of baking-powder, essence of lemon or almonds, to taste.

METHOD.—Sieve the baking-powder well with the flour on to a sheet of paper. Put the butter, sugar, and cream or milk into a clean basin, and beat up to a light cream. Add the egg. When the

egg is in, add the flour and fruit, and moisten with milk to the consistency of cake-batter. Put it into small greased tins, and bake from ½ to ¾ an hour. Grated lemon-rind may be substituted for the lemon and almond flavouring, and will make the cakes equally nice.

TIME.—About ½ to ¾ an hour. SUFFICIENT for 1½ to 2 dozen small cakes.

RICE CAKE.

INGREDIENTS.—¼ lb. of ground rice, ¼ lb. of flour, 3 oz. of castor sugar, 1 large or 2 small eggs, a few drops of essence of lemon or the grated rind of ½ lemon, ¼ lb. of butter or margarine, milk.

METHOD.—Sieve the rice and flour together on to a sheet of paper. Put the butter into a clean basin, add the sugar and yellow rind of the lemon, grated, and beat to a cream. Add the egg, and then the flour, moisten to cake-batter consistency, using a little milk if necessary. Turn into a greased mould, and bake in a moderate oven from 1 to 2 hours.

If preferred, the cake may be flavoured with essence of almonds.

TIME.—About 1½ hours. SUFFICIENT for 1 medium-sized cake.

ROCK CAKES.

INGREDIENTS.—3 oz. of butter or 2½ oz. of dripping, ½ lb. of flour, 3 oz. of moist sugar, 1 egg, ½ teaspoonful of essence of lemon, ½ teaspoonful of baking-powder, a little milk.

METHOD.—Rub the butter, flour, baking-powder, and sugar well together (the flour should be dried and sifted); mix in the egg well beaten, the essence of lemon, and ½ gill of milk. Drop the cake-mixture, which should be fairly stiff, upon a baking-tin as roughly as possible, and bake for about ½ of an hour in a rather quick oven.

TIME.—About ½ of an hour. SUFFICIENT for 1 dozen cakes.

Note.—Currants or peel can be added.

SAUCER CAKE FOR TEA.

INGREDIENTS.—¼ lb. of flour, ¼ lb. of best cornflour, ¼ lb. of castor sugar, ¼ lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

METHOD.—Mix the flour and cornflour together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and eggs well whisked. Beat the mixture for about 10 minutes, put it into a greased cake-tin or mould; or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of greased paper. Bake the cake in a moderate oven from ½ to 1 hour, and when cold put it away in a covered canister. It will remain good for some weeks, even if it be cut into slices.

TIME.—From ½ to 1 hour. SUFFICIENT for 1 cake.

SCOTCH SHORTBREAD.

See **Shortbread, Scotch.**

SCRAP CAKES.

INGREDIENTS.—1 lb. of flead, or the inside fat of a pig, ½ lb. of flour, 2 oz. of moist sugar, ¼ lb. of currants, ½ oz. of candied lemon-peel, ground allspice to taste.

METHOD.—Cut the flead into small pieces, cook it in a pie-dish in a brisk oven until the scraps are crisp but not browned, then drain well. When cold, rub them well into the flour, add the currants, sugar, candied peel cut into thin slices, and the ground allspice. Mix to a stiff paste with cold water, roll out thin, cut into shapes, and bake the cakes in a quick oven from 15 to 20 minutes.

TIME.—15 to 20 minutes. SUFFICIENT to make about 2 dozen cakes.

SEED CAKE, COMMON.

INGREDIENTS.—½ a quartern of dough, ½ lb. of good beef dripping, 10 oz. of moist sugar, ½ oz. of caraway seeds, 1 egg.

METHOD.—If the dough is sent

from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then spread it out over the board, add and rub together all the ingredients until they are thoroughly mixed. Put the mixture into a greased tin, and bake for rather more than 2 hours.

TIME.—Rather more than 2 hours. SUFFICIENT for 1 large cake.

SHORTBREAD, SCOTCH.

INGREDIENTS.—1 lb. of flour, 2 oz. of cornflour or ground rice, ¼ lb. of butter, 2 oz. of castor sugar, ½ oz. of sweet almonds, a few strips of candied orange-peel.

METHOD.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into three pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about 1 inch, and pinch it round the edges. Prick it well with a skewer, and ornament with 1 or 2 strips of candied orange-peel. Put the cakes into a moderately heated oven, and bake from 25 to 30 minutes.

TIME.—About 25 to 30 minutes. SUFFICIENT to make 3 cakes.

SODA CAKE.

INGREDIENTS.—½ lb. of flour, 2 oz. of butter or beef dripping, ¼ lb. of castor sugar, ¼ lb. of currants, 1 small egg, ½ a gill of butter-milk, ½ a teaspoonful of bicarbonate of soda, mace and nutmeg to taste.

METHOD.—Rub the butter or dripping into the flour, add the sugar, currants, and flavouring. Beat the egg well, add it to the dry ingredients and well mix, leaving a tablespoonful of the milk to dissolve the bicarbonate of soda, adding this just before putting into the oven, and well mix it through the batter. Bake in a greased mould. Prick with a knitting needle or small skewer; if this comes out clean the cake is sufficiently done. A nice lunch or tea cake.

TIME.—About 30 to 60 minutes. SUFFICIENT for medium-sized cake.

SPONGE CAKE.

INGREDIENTS.—4 eggs, their weight in castor sugar, the weight of 3 eggs in flour, the rind of 1 small lemon.

METHOD.—Separate the yolks from the whites of the eggs, beat in the former, put them into a saucepan with the sugar, and let them remain over the fire until lukewarm, keeping them well stirred. Then put them into a basin, add the grated lemon-rind, and beat these ingredients well together. Whisk the whites of the eggs into a very stiff froth, stir them into the other ingredients, and beat the cake well for about ¼ of an hour. Then take out the whisk, sieve into the flour, and mix it lightly with a wooden spoon. Put it into a greased mould, dusted out with a little finely-sifted sugar and flour, and bake the cake in a quick oven for about 1¼ hours. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds, instead of the grated lemon-rind.

TIME.—About 1½ hours. SUFFICIENT for 1 small cake.

SWISS ROLL.

INGREDIENTS.—2 eggs, 4 oz. of flour, 4 oz. of castor sugar, 1 teaspoonful of baking-powder, 2 or 3 tablespoonfuls of warm jam, milk.

METHOD.—Sieve the flour and baking-powder, whisk the eggs and sugar until creamy, stir the flour lightly in, add a little milk if necessary, turn into a greased tin and bake in a hot oven. Turn out upside down on to a sugared paper, spread on the jam, and roll up firmly.

TIME.—From 8 to 10 minutes to bake. SUFFICIENT for 1 roll.

TEA-CAKES.

INGREDIENTS.—2 lb. of flour, ½ a teaspoonful of salt, ¼ lb. of butter, margarine or lard, 1 egg, ½ oz. of distillery yeast, warm milk.

METHOD.—Put the flour, which should be perfectly dry, into a basin, mix with it the salt, and rub in the fat; make a bay, pour in the yeast, dissolved in a little warm milk, add the egg, and then sufficient warm milk to make the whole into a smooth paste, and knead it well. Let it rise near the fire, and when well risen form it into cakes; place them in tins, let them rise again before placing them in the oven, and bake from a ½ to ¾ an hour in a moderate oven. These cakes are also very nice with the addition of a few currants and a little sugar to the other ingredients, which should be put in after the paste is moistened. The cakes should be buttered and eaten hot as soon as baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

TIME.—About ½ to ¾ an hour. SUFFICIENT to make 8 tea-cakes.

VANILLA CAKE.

INGREDIENTS.—¼ lb. of butter, 6 oz. of castor sugar, 1 or 2 eggs, ½ a teacupful of new milk, ½ lb. of dry flour, 1 teaspoonful of baking-powder, essence of vanilla.

METHOD.—Beat the butter to a cream, add the sugar and beaten egg-yolks, beat the mixture for some minutes, then add the whites. Put the baking-powder in the flour, add it to the mixture, and beat well, adding a few drops of essence of vanilla, and using the milk to bring it to proper consistency. Finely cut candied peel may be added, or substituted for the vanilla. Put the cake into a greased tin, and bake for about 1 hour.

TIME.—About 1 hour. SUFFICIENT for 1 cake.

VICTORIA OR JAM SANDWICHES.

INGREDIENTS.—6 oz. of flour, 4 oz. of castor sugar, 2 oz. of butter, 3 eggs, 1 teaspoonful of baking-powder, a little milk, jam, salt.

METHOD.—Stir the sugar and yolks of eggs together until thick and creamy, then add the butter melted. Pass the flour, baking-powder, and a good pinch of salt through a sieve, stir it lightly into the rest of the ingredients, and add milk by degrees until the mixture drops readily from the spoon. Now whisk the whites of eggs stiffly, stir them in as lightly as possible, and pour the preparation into a well-greased Yorkshire pudding tin. Bake in a moderately hot oven for about 20 minutes, let it cool, split in halves, spread thickly with jam, replace the parts, and press lightly together. Cut into finger-shaped pieces, arrange them in groups of 3, letting the layers cross each other, sprinkle liberally with castor sugar, and serve.

TIME.—From 1¼ to 1½ hours altogether. SUFFICIENT for 1 large dish.

YORKSHIRE GINGER CAKE.

INGREDIENTS.—1 large or 2 small eggs, ½ pint of cream or less of milk, ½ lb. of butter, ½ lb. of castor sugar, 1½ oz. of ground ginger, 1 lb. of flour, salt.

METHOD.—Whisk the egg thoroughly, add the cream, and beat these together. Put the mixture into a saucepan, stirring till warm; add the butter, sugar, and ginger, carefully stirring over a very moderate fire. When the butter has melted, stir in the flour, adding salt, and make into a paste (the flour must be fine). Roll out the paste and cut it out with a plain round paste cutter on to greased flat tins, and bake in a moderate oven.

TIME.—About ¼ of an hour. SUFFICIENT for 1½ to 2 dozen small cakes.

ICINGS FOR CAKES.

ALMOND ICING FOR CAKES.

INGREDIENTS.—To 1 lb. of castor sugar allow ¾ of a lb. of ground sweet almonds, 2 or 3 eggs, a little rose or orange-flower water.

METHOD. — Weigh the castor sugar and ground almonds into a clean basin, and mix them well together; make a hole in the centre, break in the 2 eggs, add a little rose-water, and wet up into a firm paste, using another egg if necessary. Turn the mixture out of the pan on to the board, dusting it over with sugar to prevent it from sticking, then roll it out with a rolling-pin to the size of the cake, place it on top and press smooth with the hand.

TIME.—About ¾ of an hour. SUFFICIENT for a cake weighing from 2 to 3 lb.

COFFEE ICING.

INGREDIENTS.—1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, 1 dessertspoonful of coffee essence.

METHOD.—Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling-point, and simmer for a few minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

TIME.—About ½ an hour.

ROYAL ICING.

INGREDIENTS.—½ a lb. of icing sugar, 1 teaspoonful of lemon-juice, 1 white of egg.

METHOD.—Put the white of egg into a basin, add the sugar gradually and work well with a wooden spoon. When the preparation presents a smooth, white, brilliant appearance, add the lemon-juice, and use as required.

TIME.—About ½ an hour.

SUGAR ICING FOR CAKES.

INGREDIENTS.—To every lb. of loaf sugar allow the whites of 4 eggs and 1 oz. of fine starch.

METHOD.—Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the starch is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, the icing will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, etc., a layer of almond icing is usually spread over the top, and over that the white icing.

TIME.—20 minutes to make.

TO ICE A CAKE.

INGREDIENTS.—¾ of a lb. of icing sugar sieved free from lumps, the whites of 2 eggs, orange-flower water.

METHOD.—Beat these ingredients as in preceding recipe, and while the cake is still warm, pour and smooth the icing evenly over it; then dry in a moderate heat to harden, but not to colour, the icing.

TIME.—About 20 to 40 minutes.

TRANSPARENT ICING.

INGREDIENTS.—1 lb. of loaf sugar, ½ a gill of warm water.

METHOD.—Put the sugar and water into a sugar boiler or stewpan, let it dissolve, then bring to the boil, and simmer for about 5 minutes or until a thick syrup is formed (230° Fahr.). Pour into a basin, stir until almost cold and setting, then use as required.

BATH BUNS.

INGREDIENTS.—1½ lb. of flour, 10 oz. of sugar nibs, 1½ oz. of compressed yeast, ½ lb. of butter, the yolks of 4 and the whites of 2 eggs, water, candied peel, essence of lemon.

METHOD.—Dissolve the yeast in ½ gill of tepid water, mix with it the eggs, and ½ lb. of flour; beat the mixture up in a bowl, and set it before the fire to rise. Rub the butter well into the 1 lb. of flour, add the sugar, and put in a few of the comfits and the peel cut into small cubes. When the sponge has risen sufficiently, mix all the ingredients together, throw over it a cloth, and set it again to rise in a warm place. Grease a baking-tin, form the buns, place them on the tin, brush over yolk of egg and milk. Bath buns should be baked in a quick oven.

TIME.—About 20 minutes to bake. SUFFICIENT for about 16 buns.

HOT CROSS BUNS.

INGREDIENTS.—1 lb. of flour, 4 oz. of sugar, ½ oz. of yeast, ½ pint of warm milk, 4 oz. of butter, ½ lb. of currants (cleaned and picked), ½ teaspoonful of salt, ½ teaspoonful of mixed spice.

METHOD.—Mix the flour, sugar, spice, and currants; make a hole in the middle of the flour, put in the yeast and ½ the warmed milk; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire until the leaven begins to ferment. Put to the mass 4 oz. of melted butter, add the salt, and beat well together. Make up into rather a soft paste with all the flour, using a little more warm milk if necessary. Cover this with a clean cloth, and let it once more rise up for about ½ an hour. Shape the dough in buns, and lay them apart on greased tin plates or baking-sheets in rows at least 3 inches apart to rise for about ½ an hour. Place a cross mould on them (this may be done roughly with the back of a knife), and bake in a quick oven from 15 to 20 minutes.

TIME.—About 15 to 20 minutes to bake. SUFFICIENT to make a dozen buns.

Note.—See also recipe for Plain Buns.

PLAIN BUNS.

INGREDIENTS.—To every 1 lb. of flour allow 3 oz. of moist sugar, ½ oz. of yeast, a gill of milk, 4 oz. of butter, ½ pint of tepid milk.

METHOD.—Put the flour into a basin, mix the sugar well with it, make a well in the centre, and stir in the yeast and the milk (which should be lukewarm) with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1½ hours. Melt the butter, but do not allow it to oil; stir it into the other ingredients, using a little more milk if necessary, and make the whole into a soft dough. Mould it into buns about the size of an egg, then lay them in rows quite 3 inches apart; set them again in a warm place until they have risen to double their size, then put them into a good brisk oven, and when they are done wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel, or caraway seeds to the other ingredients. The above mixture also answers for hot-cross buns, by adding a little ground mixed spice, and by pressing a tin mould in the form of a cross in the centre of the bun.

TIME.—About 15 to 20 minutes to bake. SUFFICIENT to make 12 buns.

GINGERBREAD AND RUSKS.

GINGERBREAD.

INGREDIENTS.—1 lb. of golden syrup, ¼ lb. of butter, ¼ lb. of coarse brown sugar, 1½ lb. of flour, 1 oz. of ground ginger, ½ oz. of ground allspice, 1 teaspoonful of bicarbonate of soda, ¼ pint of warm water, 1 or 2 eggs, milk.

METHOD.—Put the flour into a basin with the sugar, ginger, and allspice; mix these together, warm the butter, and add it with the treacle to the other ingredients. Stir well; make the water just warm, dissolve the bicarbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked, and a little milk; pour the mixture into a greased tin, and bake from ½ to 1 hour, or longer should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with milk, and put it back in the oven to finish baking.

TIME.—About ½ to 1 hour.

RUSKS.

INGREDIENTS.—2 oz. of butter, 1 oz. of castor sugar, 1 dessertspoonful of brewers' yeast, 1 lb. of flour, 2 eggs, 1 pint of milk.

METHOD.—Mix the yeast with the sugar and ½ a teacupful of warm milk; pour it into the centre of the flour in a deep bowl, and let it rise for about 1 hour in a warm place. The sponge should then be sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put it into a greased tin, set it to rise for about another hour, bake in a moderate oven, and, when cold, cut the cake into thin slices and dry them in a quick oven, having previously sprinkled them with pounded sugar. These rusks will be found a delicious substitute for toast for an invalid, and are appetizing and nourishing.

TIME.—About 1 hour. SUFFICIENT for about 18 rusks.

BISCUITS.

BISCUITS, PLAIN.

INGREDIENTS.—6 oz. of flour, 2 oz. of sugar, 1 oz. of butter, yolk of 1 egg, 2 tablespoonfuls of milk.

METHOD.—Beat the egg with the milk, then mix the other ingredients, and roll and cut out into very thin biscuits with a paste-cutter. Bake for about 6 minutes in a quick oven.

TIME.—About 6 minutes. SUFFICIENT for 1½ dozen biscuits.

DESSERT BISCUITS (which may be flavoured with Ginger, Cinnamon, etc.).

INGREDIENTS.—6 oz. of flour, 4 oz. of butter, 4 oz. of castor sugar, the yolks of 2 eggs, and flavouring.

METHOD.—Put the butter into a basin, warm it, but do not allow it to oil; then with a wooden spoon beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a greased paper, leaving a distance between each cake, as they spread as soon as they begin to warm. Bake in rather a slow oven for about 12 to 18 minutes, and do not let the biscuits acquire too much colour. In mak-

ing the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon, or some currants added to make a variety.

TIME.—About 12 to 18 minutes. SUFFICIENT to make about 2 dozen.

GINGER BISCUITS.

INGREDIENTS.—¼ lb. of flour, ¼ lb. of fresh butter, ¼ lb. of castor sugar, ½ oz. of ground ginger, 1 egg and a little milk.

METHOD.—Rub the butter and ginger into the flour on the board, make a "bay" or hole, break in the egg, and wet up into a nice workable paste, using a little milk if necessary. Roll down in thin sheets, and cut out with a plain round cutter, set them on to a greased baking-sheet, and bake in a cool oven.

TIME.—About 5 minutes to bake. SUFFICIENT to make 2 dozen.

LEMON BISCUITS.

INGREDIENTS.—¼ lb. of flour, 6 oz. of castor sugar, 3 oz. of fresh butter, 2 eggs, the grated rind of a lemon, 1 dessertspoonful of lemon-juice.

METHOD.—Rub the butter into the flour, stir in the castor sugar and very finely-minced lemon-peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for a few minutes, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the biscuits will spread when they get warm; place the tin in the oven, and bake the biscuits a pale brown from 15 to 20 minutes.

TIME.—About 15 to 20 minutes. SUFFICIENT for 2 dozen biscuits.

MACAROONS.

INGREDIENTS.—6 oz. of ground sweet almonds, 8 oz. of castor sugar, the whites of 2 eggs, wafer paper.

METHOD.—Mix the sugar and ground almonds well together on the board, then put them into a mortar, add the whites of eggs, and proceed to rub the mixture well into a smooth paste. When it begins to get stiff and stands up well, it is ready, or if uncertain whether the paste has been pounded enough, try one in the oven, and if all right, lay sheets of wafer paper over clean baking-sheets, and lay out the biscuits upon it with a spoon, or savoy bag, place split almonds on the top of each, then bake in a cool oven.

TIME.—About 15 to 20 minutes in a slow oven. SUFFICIENT for 1½ to 2 dozen biscuits.

RICE BISCUITS.

INGREDIENTS.—¼ lb. of rice flour, ¼ lb. of sugar, ¼ lb. of butter, 1 egg.

METHOD.—Beat the butter to a cream, stir in the rice flour and pounded sugar, and moisten the whole with the egg, which should be previously well beaten. Roll out the paste, cut out with a round paste-cutter into small biscuits, and bake them for 12 to 18 minutes in a very slow oven.

TIME.—About 12 to 18 minutes. SUFFICIENT for about 18 biscuits.

SAVOY BISCUITS.

INGREDIENTS.—3 eggs, 6 oz. of castor sugar, a few drops of essence of lemon, 8 oz. of flour.

METHOD.—Break the eggs into a basin, beat well with the sugar and essence of lemon for about ½ of an hour. Then dredge in the flour gradually, and well but lightly mix. Then put the mixture into a savoy bag, lay the biscuits out on to a sheet of thick cartridge paper, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies' fingers as they are sometimes called, are used for making Charlotte Russes and a variety of fancy sweet dishes.

TIME.—About 10 to 12 minutes. SUFFICIENT for 1½ to 2 dozen.

CRUMPETS, MUFFINS, ROLLS AND SCONES.

CRUMPETS.

INGREDIENTS.—1 quart of water, 2 oz. of yeast, ½ lb. of potatoes, ½ oz. of salt, flour.

METHOD.—Proceed exactly the same as directed for muffins, but stir in only half the quantity of flour used for them, so that the mixture is more of a batter than sponge. Cover over, and leave for ½ an hour. At the end of that time take a large wooden spoon and well beat up the batter; leave in the spoon, cover over, and leave for another ½ hour. Then give the batter another good beat up. This process must be repeated three times with the intervals. When completed, see that the "hot plate" is quite hot, lay out some crumpet rings rubbed over inside with a little clean lard on a baking-tin, and pour in sufficient of the batter to make the crumpets. When cooked on one side, turn over with a palette knife, and when done take off on a clean cloth to cool. Muffins and crumpets should always be served on separate dishes, and both toasted and served quickly.

TIME.—About 20 minutes to cook. SUFFICIENT for 2 dozen.

MUFFINS.

INGREDIENTS.—1 quart of water, 2 oz. of yeast, ½ lb. of potatoes, ½ oz. of salt, flour.

METHOD.—Wash, peel, and boil the potatoes, rub through a colander, add the water (just warm enough to bear the hand in it without discomfort); then dissolve the yeast and salt in it, and stir in sufficient flour to make a moist paste. Beat it well in a deep bowl, and then clear off the paste from the hands; cover over with a clean cloth, and leave it to rise in a warm place. When it has well risen, and is light and spongy, turn it out on the table, dredge over with flour, and then divide it off into pieces about 3 oz. in weight; roll them up into round shapes, and set them on a wooden tray, well dusted with flour, to prove. When light enough, see that the hot-plate is hot, and then carefully transfer the muffins from the tray, one at a time, using a thin tin slice for the purpose, taking particular care not to knock out the proof, or the muffins will be spoilt. When they have been properly cooked on one side, turn over with the slice and cook the other side. When the muffins are done, brush off the flour, and lay them on a clean cloth or sieve to cool.

To toast them, divide the edge of the muffin all round, by pulling it open to the depth of about 1 inch with the fingers. Put it on a toasting-fork, and hold it before a clear fire till one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, otherwise the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves. When sufficient are toasted and buttered, pile them on a very hot dish, and serve quickly.

TIME.—From 25 to 30 minutes to bake. SUFFICIENT for 2 or 3 dozen.

ROLLS, HOT.

As soon as the rolls come from the bakers they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into three, put some thin flakes of good butter between the slices, press the rolls together, and place them in the oven for 1 or 2 minutes, but not longer or the butter will oil. Take them out of the oven, spread the butter equally over them, divide the rolls in half, put them on to a very clean hot dish, and serve.

TIME.—About 10 minutes. SUFFICIENT, 1 for each person.

SALLY LUNS.

INGREDIENTS.—½ lb. of flour, 1 oz. of butter, ½ oz. of compressed yeast, ½ teaspoonful of castor sugar, ½ teaspoonful of salt, 1 egg, ¼ pint of lukewarm milk.

METHOD.—Mix the flour and salt in a basin and make a well in the centre. Melt the butter in the warm milk. Cream the yeast and sugar, beat and add the egg, and stir in the milk. Add gradually to the flour, and beat with the hand until smooth. Warm and grease two round cake tins, put in the dough, place a sheet of paper over them, and let them prove until the dough expands to nearly double its original size. Bake in a sharp oven.

TIME.—To bake, about 25 minutes.

SCONES.

INGREDIENTS.—1 lb. of flour, 1 oz. of sugar, 2 oz. of butter or fat, 2 teaspoonfuls of cream of tartar, 1 teaspoonful of bicarbonate of soda, ½ teaspoonful of salt, ½ pint of milk.

METHOD.—Rub the fat into the flour, mix in the sugar, salt, and cream of tartar. Dissolve the bicarbonate of soda in the milk, stir it gradually into the flour, and mix into a smooth dough. Knead lightly, form into a round cake, which place on a greased tin, and before baking cut crosswise in four to half its depth. Bake in a quick oven from 30 to 35 minutes. When half done brush over with milk.

TIME.—To bake, about 30 to 35 minutes.

BREAD.

HOME-MADE BREAD.

INGREDIENTS.—½ pint of brewers' yeast, 1 lb. of potatoes, 1 peck and ½ lb. of flour, 2 quarts of cold water, and 1½ oz. of salt.

METHOD.—Procure ½ pint of good brewers' yeast, fresh from the brewhouse, and see that it weighs at least 3½ oz. Having procured the yeast, boil about 1 lb. of potatoes in their skins, first washing them clean. When cooked, strain away the liquor they were boiled in, turn into a clean wooden pail, add ½ lb. of flour, and pound them well with the end of a rolling-pin, then add 2 quarts of cold water, stir the ingredients up, and mix well. Put 1 peck of flour into a large pan, make a hole in the centre, place a couple of sticks across the top, set a sieve over the hole in the centre, and strain the liquor into it, using more water to rinse every particle of the potatoes, leaving the skins perfectly clean in the sieve; now add the ½ pint of yeast, and stir in sufficient flour to make a thin batter, cover over, and leave the mixture for about 2 hours. By that time it should have fermented and dropped about 1 inch. Then add 1½ oz. of salt and sufficient water to make the flour into dough. Knead well, and leave dry, cover over with a clean cloth, and let it prove for about 1½ hours. Then knead it over, and throw out on to the board, divide into convenient-sized pieces, mould or make up into suitable-shaped loaves, prove, and then bake in a moderate oven. The time taken to bake will, of course, depend upon the size of the loaves.

TIME.—A 2-lb. loaf in a moderate oven will take from 45 to 60 minutes, and larger loaves in proportion.

TINNED FOODS.

THE nutritive value of tinned meat is less than that of fresh meat, it possesses less flavour, and it is less easily digested.

Tinned meats must be stored in a cool place. They can then be turned out easily and sliced more evenly.

The tin containing meat, game, or poultry, should be immersed in boiling water until its contents are sufficiently heated, then opened and emptied. The larger end of the tin should be cut away, and a small hole made in the opposite end to admit air, which, by its pressure. enables the meat to slip out easily, The meat has already been rather over- than under-cooked. The mode of its preparation always necessitates this.

It may be interesting to some of our readers to see the menu of a dinner prepared from tinned and preserved provisions, which was decided to be a success by those who partook of it. Bread and milk may be called the only fresh provision used, for eggs (those for the sauce) and potatoes were both stored ones.

The pastry was made from the tinned marrow, sold for the purpose ; the raspberries were bottled ones, the custard was made from what is generally called egg-powder, and the compôte of fruit consisted of tinned pine, apricots, and peaches flavoured with wine, liqueur, and sugar.

Recipes will be found herein for the dishes in this menu of eight courses, and it may be said that such a dinner would cost about one-third of what would have to be paid for the same in which all fresh provisions were employed.

MENU.

Oxtail Soup.
Scalloped Salmon.
Potató Balls.
Salmi of Game.
Curried Prawns on Toast.
Lamb's Sweetbreads with Spinach.
Raspberry Tart.
Compôte of Fruit.

A good brand of salmon or lobster, if well drained, will be found an excellent substitute for fresh fish in mayonnaise or salad. Tinned oysters answer very well for sauce, soup or forcemeat. A good brand of prawns may be used for curry.

In an emergency tinned or bottled soups are invaluable. The thick soups will be found more satisfactory than the clear ones. A little additional seasoning and flavouring is usually necessary.

Tinned and bottled vegetables are used extensively, and form an excellent substitute for fresh ones. Asparagus should be warmed before opening the tin. Peas, haricots verts, and green haricots should be well rinsed, in cold water, slightly salted. A little butter or cream, salt and pepper should be added to spinach before warming it in a saucepan.

Tinned or bottled fruits should be emptied into a porcelain or glass dish several hours before being served, and kept in a cold place.

When buying tinned foods, always make sure the tins are air-tight. Bulged and rusty tins should be rejected.

FISH.

LOBSTER CURRY (Tinned).

INGREDIENTS.—1 tin of lobster, ½ pint of curry sauce.

METHOD.—Thoroughly drain the lobster, and divide it into rather small neat pieces. Make the sauce as directed, put in the prepared lobster, make thoroughly hot, and serve. Well-boiled rice and sliced lemon should be served with this.

TIME.—About 10 minutes, after the sauce is made. SUFFICIENT for 3 or 4 persons.

LOBSTER, SCALLOPED.

See **Salmon, Scalloped.**

PRAWNS, CURRIED (Tinned).

INGREDIENTS.—1 tin of prawns, ½ pint of curry sauce, well-boiled rice, lemon-juice.

METHOD.—Make the sauce as directed (tinned curry sauce may be substituted, or the prawns may be obtained ready curried), put in the prawns, make thoroughly hot, add lemon-juice to taste, and serve in a border of rice, or hand the rice separately.

TIME.—About 10 minutes, after the sauce is made. SUFFICIENT for 3 or 4 persons.

SALMON KEDGEREE.

INGREDIENTS.—1 tin of salmon (about ½ lb.), 4 oz. of well-boiled rice, 1 oz. of butter or good fat, finely-chopped parsley, salt and pepper, grated nutmeg.

METHOD.—Divide the fish into rather large flakes. Heat the butter or fat in a stewpan, put in the rice, make it thoroughly hot, season to taste, and add the fish. Stir very gently over the fire for a few minutes, and serve piled on a hot dish. One or two hard-boiled eggs coarsely chopped are sometimes added to the ingredients.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

SALMON, SCALLOPED.

INGREDIENTS.—1 tin of salmon, breadcrumbs, white sauce, butter or good dripping, salt and pepper, grated cheese.

METHOD.—Divide the salmon into rather large flakes. Grease as many scallop shells as are required rather thickly with butter or good fat, and sprinkle them lightly with breadcrumbs. Nearly fill them with salmon, add 1 or 2 tablespoonfuls of sauce, and cover the surface with breadcrumbs. Sprinkle lightly with cheese, season with salt and pepper, then add two or three small pieces of butter. Bake in a moderate oven until nicely browned, and serve.

TIME.—About 20 minutes. SUFFICIENT, allow 1 to each person.

SARDINES, POTTED.

INGREDIENTS.—1 tin of sardines, butter, cayenne.

METHOD.—From each sardine remove the skin and backbone. Pound to a paste, adding butter as required, and season highly with cayenne. Pass through a hair sieve, press into small pots, and cover with clarified butter.

TIME.—About 40 minutes. SUFFICIENT for 2 small pots.

MEAT.

BEEF COLLOPS (Tinned Beef).

INGREDIENTS.—1 lb. of tinned beef, 2 oz. of butter or dripping, 1 onion, ¼ pint of stock, 1 lemon, 1 teaspoonful of mushroom ketchup, salt and pepper.

METHOD.—Mince the beef finely, put the butter or dripping into a stewpan. Add the onion chopped finely, and fry till it is nicely browned. Add the juice of the lemon, the stock, ketchup, and seasoning, simmer for about 5 minutes, then add the meat, simmer for about 5 minutes longer, and serve on a hot dish with a border of mashed potatoes or rice.

TIME.—About 20 minutes. SUFFICIENT for 3 or 4 persons.

BEEF, GRILLED, WITH MUSHROOMS.

INGREDIENTS.—1 lb. of tinned roast beef, 12 preserved mushrooms, 1 oz. of butter or good fat, 1 oz. of flour, ¾ pint of stock or water, salt and pepper.

METHOD.—Slice the mushrooms, fry them lightly in hot fat, and sprinkle in the flour. Cook until nicely browned, add the stock or water, season to taste, stir until boiling, and afterwards simmer gently for about ½ an hour. Slice the meat, coat each slice lightly with oil or oiled butter, and grill over or in front of a clear fire. Serve with a little sauce and all the mushrooms round the dish, and put the remainder of the sauce in a sauceboat.

TIME.—About 1 hour. SUFFICIENT for 4 persons.

BEEF, HARICOT OF (Tinned Meat).

INGREDIENTS.—1 pint of haricot beans, 1 lb. of beef, 1½ oz. of butter, 2 onions, ½ pint of stock, 1 carrot, 1 turnip, 1 tablespoonful of Harvey sauce, pepper and salt, flour, ground rice.

METHOD.—Soak the beans overnight, drain them and put them in a saucepan with 2 quarts of water, and boil for about 2 hours, or until they are thoroughly tender; drain and put them to dry beside the fire with the saucepan lid slightly raised, then put in ½ oz. of butter, pepper and salt. In another saucepan prepare a sauce as follows: Put 1 oz. of butter in the pan and fry the sliced onions to a nice brown, cut up the turnip and carrot, add them, and mix the stock smoothly with a tablespoonful of ground rice and flour; place the stock in the saucepan, add the Harvey sauce, and simmer for about ½ an hour. Empty the tin of beef, cut the meat into neat squares, roll these in flour, and put them into the sauce to simmer for about 5 minutes. Dish with the meat and gravy in the centre and the beans in a border round.

TIME.—About 2 hours. SUFFICIENT for 4 persons.

BEEF OR MUTTON CURRY.

INGREDIENTS.—1 lb. of tinned beef or mutton, 1 oz. of butter or dripping, 1 tablespoonful of flour, 1 tablespoonful of curry-powder, 1 onion sliced, 1 apple sliced (an equal amount of gooseberries or rhubarb may be substituted), ¾ pint of stock, 1 teaspoonful of lemon-juice, salt, 4 oz. of cooked rice.

METHOD.—Cut the meat into small pieces and boil down any jelly or trimmings for gravy. Heat the butter or dripping in a stewpan, fry the onion until brown, put in the flour and curry-powder, stir and cook for about 5 minutes, then add the apple and stock, and stir until the ingredients boil. Cover closely, and simmer for about 30 minutes, then strain and return

to the stewpan. Bring nearly to boiling-point, add the lemon-juice, season to taste, and put in the meat. Draw the saucepan to the side of the stove, and let the meat remain in the hot sauce for about 20 minutes, but do not allow it to boil. Serve in a border of boiled rice.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

CORNISH PASTIES.

INGREDIENTS.—For the pastry: 8 oz. of flour, 4 oz. of fat, 1 teaspoonful of baking-powder, 1 saltspoonful of salt. For the mixture: ½ lb. of tinned beef, ½ lb. of potato (parboiled), ½ a teaspoonful of onion (parboiled and finely chopped), 2 tablespoonfuls of gravy or water, mixed herbs, salt and pepper to taste.

METHOD.—Cut the meat and potatoes into dice, add the onion, herbs, salt, pepper, and gravy, and mix well together. Mix the flour, baking-powder, and salt together, rub in the fat lightly, add water, being careful not to make the paste too moist. Divide the paste into eight equal portions, and roll them out, keeping the portions as round as possible. Pile the mixture in the centre of each piece of pastry, wet the edges and join together on the top to form an upstanding frill, prick them two or three times with a fork, and bake in a moderate oven for about ½ an hour.

TIME.—About 1 hour. SUFFICIENT for 5 or 6 persons.

CROÛTES OF MEAT.

INGREDIENTS.—4 tablespoonfuls of tinned beef coarsely chopped, 4 squares of stale bread, 1 oz. of butter, 1 teaspoonful of flour, 2 tablespoonfuls of gravy or water, 1 teaspoonful of Worcester or other sauce, salt and pepper.

METHOD.—Remove the crust and trim the bread into shape. Melt the butter in a frying-pan, fry the bread until brown, then remove and keep hot. Brown the flour in the butter, add the gravy or water, salt, pepper, Worcester sauce, and when boiling draw aside. When the sauce has cooled slightly, stir in the meat, let it become thoroughly hot, then pile on the croûtes of bread, and serve at once.

TIME.—About 10 minutes. SUFFICIENT for 4 persons.

GAME SALMI.

INGREDIENTS.—1 tin of partridge or pheasant, ¾ pint of brown sauce, 1 glass of port (optional), salt and pepper, fried croûtons.

METHOD.—Divide the game into pieces convenient for serving (the trimmings and jelly will provide the stock for the brown sauce). Make the sauce as directed, add to it the game, wine (if used), and seasoning to taste, and, when thoroughly hot, serve garnished with croûtons of fried bread.

TIME.—About ½ an hour, after the sauce is made. SUFFICIENT for 4 persons.

IRISH STEW (Tinned Mutton).

INGREDIENTS.—2 lb. of tinned mutton, 2 large onions, 2 lb. of potatoes, ¾ pint of stock or water, salt and pepper.

METHOD.—Cut the meat into pieces convenient for serving; cut the potatoes into thick slices, and the onions into very thin slices. Take a saucepan with a close-fitting lid, and in it place the potato and onion in alternate layers; sprinkle each layer with salt and pepper, pour in the stock, and cook the ingredients very gently for about 1½ hours. By this time the potato and onion should be cooked, and as the meat requires no further cooking, but simply heating, it should be put into the saucepan and well mixed with the onion and potato, and served as soon as it has become thoroughly hot.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

KEBOBS (From Tinned Meat).

INGREDIENTS.—1 lb. of tinned meat, 1 medium-sized onion finely chopped, 1 dessertspoonful of curry-powder, 1 egg, salt and pepper, flour, dripping.

METHOD.—Mince the meat finely, stir in the onion, curry-powder, pepper and salt to taste, and the egg. Form into small balls or flat cakes, roll lightly in flour, and fry in hot dripping until nicely browned. Plainly boiled rice and chutney usually accompany this dish.

TIME.—About 35 minutes. SUFFICIENT for 5 or 6 persons.

LAMBS' SWEETBREADS.

INGREDIENTS.—1 tin of lambs' sweetbreads, 1 egg, breadcrumbs, frying-fat, brown sauce.

METHOD.—Drain and dry the sweetbreads, and divide them into neat pieces. Coat them carefully with egg and breadcrumbs, fry in hot fat until crisp and brown, and serve piled on a hot dish. Send the sauce to table in a sauceboat.

TIME.—About 20 minutes. SUFFICIENT for 4 or 5 persons.

MEAT AND MACARONI.

INGREDIENTS.—¼ lb. of macaroni, 2 lb. of tinned meat, 1 oz. of butter or dripping, 1 small onion, 1 teaspoonful of flour, 1 teaspoonful of ketchup or other sauce, ½ pint of stock or gravy.

METHOD.—Put the macaroni into sufficient boiling water to cover it, and cook until tender, then cut into short lengths and keep hot. Remove any jelly or gristle from the meat, and put it, together with any bones, trimmings of meat, ham, or bacon, into a saucepan with rather more than ½ pint of cold water, and simmer at least 1 hour. Cut the meat into small slices, and the onion into dice. Melt the butter or fat in a stewpan or frying-pan, fry the onion until brown, sprinkle in the flour, cook for about 10 minutes, add the gravy and sauce, and stir until boiling. Put in the meat, baste it well with the gravy, and when quite hot serve on a dish with the macaroni arranged as a border.

TIME.—About 1½ hours. SUFFICIENT for 4 or 5 persons.

MEAT AND POTATO PIE.

INGREDIENTS.—1 lb. of tinned mutton, 1 lb. of potatoes, 2 onions, ½ pint of gravy, salt and pepper.

METHOD.—Cut the meat into small thin slices, parboil and slice the potatoes and onions. Line the bottom of a pie-dish or earthenware baking-dish with potato, cover with a layer of meat and a few slices of onion, and season liberally with salt and pepper. Repeat until the materials are used, the top layer being formed of potato. Pour in the gravy, cover with a greased paper, and bake for about 1¼ hours in a moderate oven; about ¼ an hour before serving, remove the paper in order that the surface may brown.

TIME.—About 1¼ hours. SUFFICIENT for 5 or 6 persons.

MEAT CAKES (Tinned Meat).

INGREDIENTS.—½ lb. of tinned beef, ¼ lb. of mashed potato, 2 tablespoonfuls of either gravy or milk, ½ a teaspoonful of mixed herbs, salt and pepper, browned breadcrumbs, 1 egg.

METHOD.—Remove all the fat and chop the meat finely. Heat the milk or gravy in a saucepan, put in the meat, potato, herbs, salt and pepper, and stir briskly over the fire for about 10 minutes; if the mixture is too stiff to hold together, a little more gravy or milk must be added. Spread the mixture on a plate; when cold, divide it into six or eight portions, form these into round cakes, brush them over with egg (a little milk may be used instead), and sprinkle with browned breadcrumbs. Place the cakes in a greased baking-tin, put small pieces of fat on the top of each cake, and bake them in a moderate oven for about 15 minutes. The cakes may

also be brushed over with egg, covered with white breadcrumbs, and fried in hot fat.

TIME.—About 2 hours.

MEAT CROQUETTES.

INGREDIENTS.—½ lb. of tinned beef or mutton, ½ oz. of butter or good fat, ½ oz. of flour, 3 level tablespoonfuls of breadcrumbs, 2 or 3 tablespoonfuls of gravy, 1 tablespoonful of Worcester sauce, ½ a teaspoonful of finely-chopped parsley, ½ a teaspoonful of mixed herbs, salt, pepper, egg, crumbs.

METHOD.—Chop the meat finely. Heat the butter or fat in a stewpan, fry the onion until lightly browned, add the flour and stock, and boil for a few minutes. Now put in the meat, breadcrumbs, Worcester sauce, parsley, herbs, salt and pepper, and mix well over the fire, adding more stock or water if the preparation appears at all dry. Turn on to a plate, and when cold divide into equal portions, form into balls, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. If preferred, the mixture may be shaped into round cakes, coated with flour, and fried in a little hot fat.

TIME.—About 1 hour. SUFFICIENT for 10 or 12 croquettes.

MEAT PATTIES.

See **Cornish Pasties.**

MEAT, POTTED (Tinned Meat).

INGREDIENTS.—1 lb. of tinned meat, ½ lb. of butter, pepper and salt, pounded allspice.

METHOD.—Take 1 lb. of lean meat, removing all gristle, skin, etc., and flavour it highly with salt, pepper, and spice. Put it in a mortar and pound it well, adding butter at intervals until a smooth paste is obtained. Place the meat into small pots, pressing it down tightly, and pour clarified butter over the top.

TIME.—About ½ of an hour.

MUTTON, WITH CAPER SAUCE.

INGREDIENTS.—1½ lb. of tinned mutton, ¼ pint of caper sauce.

METHOD.—Turn the meat out of the tin, and remove all jelly and gravy (to be afterwards converted into caper sauce). Replace the meat in the tin, put it in a stewpan and surround it with boiling water until thoroughly heated. Meanwhile, make the sauce as directed, using the jelly and gravy with stock or water to make up the amount required. Serve the mutton on a hot dish with the sauce poured over.

TIME.—About 1 hour. SUFFICIENT for 5 persons.

SHEEP'S TONGUES.

INGREDIENTS.—1 tin of sheep's tongues, 1 egg, breadcrumbs, frying-fat, salt and pepper, tomato, piquant or brown sauce.

METHOD.—Turn the tongues carefully out of the tin, remove the jelly, split each tongue in half lengthwise, and take off the skin. Coat with egg and well-seasoned breadcrumbs, fry in hot fat until well browned, and serve with a little of the sauce poured round, and the remainder in a sauceboat.

TIME.—About ½ an hour. SUFFICIENT for 5 or 6 persons.

SHEPHERD'S PIE.

See recipe, p. 203. Use tinned meat instead of fresh meat.

TONGUE, CURRIED.

INGREDIENTS.—1 tin of sheep's tongues or the remains of an ox-tongue, ½ pint of curry sauce, well-boiled rice, lemon-juice.

METHOD.—Remove the tongues carefully from the tin, strip off the skin, and slice rather thinly. Make the sauce as directed, and flavour with lemon-juice, put in the sliced tongue, and when thoroughly impregnated with the flavour of the sauce, serve with the rice.

TIME.—About ½ an hour.

JAMS AND PRESERVES.

Jams and Marmalades differ little from each other: they are preserves of half-liquid consistency, made by boiling the pulp of fruits, and sometimes part of the rinds, with sugar. The term marmalade is applied to those confitures which are composed of the firmer fruits, as pineapples or the rinds of oranges; whereas jams are made of the more juicy berries, such as strawberries, raspberries, currants, etc. Jams require the same care and attention in the boiling as marmalade; the slightest degree of burning communicates a most disagreeable taste, and if they are not boiled properly they will not keep. To make jams and marmalade successfully a properly constructed preserving pan is necessary. It may be obtained in copper, brass or enamelled iron. The objection to the use of an enamelled pan is that the syrup boils over more quickly than in a preserving pan of copper or brass, and moreover it is apt to burn and stick to the bottom of the pan. A long wooden spoon or stick is necessary. The end to be attained is to boil the juice of the fruit to such a consistency that it will neither ferment nor mildew. For each pound of fruit about ¾ of a lb. of refined sugar will be sufficient. If the fruit is in itself very sweet, as little as ½ a lb. of sugar to every pound of fruit will suffice.

Place the fruit and sugar in alternate layers in the preserving pan, and bring slowly to the boil at the side of the fire. It is sometimes necessary to add a little water to the fruit and sugar; the recipes that follow state definitely when this is required. The jam must be occasionally stirred, taking care, in the case of such preserves as strawberry jam, to keep the fruit as whole as possible.

Make sure that the jam is well boiled; when sufficiently cooked, it should jelly fairly firmly when dropped on to a cold saucer. The scum should not be removed until the jam is nearly ready, and then carefully skimmed off with a wooden spoon.

Jams, jellies and marmalades of every description are covered as speedily as possible with paper brushed over on both sides with white of egg, before the escaping steam loses its power to exclude the air.

The pots in which jam is put must be perfectly dry, and the cupboard in which they stand neither so warm that the jam ferments, nor damp so that it becomes mouldy. It will be easy to see how the jam is keeping, if one jar, of those used for one batch of jam, is of glass; the others may equally well be of china or earthenware.

Candied or Glacé Fruits.—The fruit must first be boiled in syrup. It is then dried before the fire or in a cool oven, the syrup in which it was cooked being meanwhile boiled to the "large blow" 233° F. When the syrup has cooled a little, the fruit should be dipped into it until thoroughly coated, and then dried.

RECIPES FOR JAMS AND PRESERVES.

APPLE JAM.

INGREDIENTS.—4 lb. of sour cooking apples, 3 lb. of preserving sugar, the finely-grated rind and juice of 2 lemons, 1 saltspoonful of ground cinnamon, ½ pint of water.

METHOD.—Pare, core, and cut the apples into thick slices. Place them in a preserving-pan, add the sugar, lemon-rind and juice, cinnamon, and water, and cook gently until reduced to a pulp. During the first part of the process stir occasionally, but towards the end when the greater part of the moisture has evaporated, stir more frequently to prevent the preparation sticking to the bottom of the pan. Pour into jars at once, cover closely and store in a cool place.

TIME.—From 40 to 50 minutes.

APPLE MARMALADE.

INGREDIENTS.—2 lb. of apples, 4 oz. of sugar, 1 oz. of butter.

METHOD.—Peel, core, and quarter the apples, place them in a jar with the sugar and butter, and stand the jar in a saucepan containing boiling water, or, when more convenient, in a cool oven. Cook until soft, pass through a fine sieve, and use for filling turnovers or other kinds of pastry.

TIME.—About 1½ hours.

BLACKBERRY JAM.

INGREDIENTS.—Blackberries, half their weight in sugar.

METHOD.—Boil the blackberries and sugar together for about 40 minutes. Cover closely, and keep in a dry, cool place. The jam will be less insipid if a little lemon-juice is added.

TIME.—About 40 minutes.

BLACK-CURRANT JAM.

INGREDIENTS.—To each lb. of fruit allow 1 lb. of loaf sugar, and ½ of a pint of water.

METHOD.—Remove the fruit, which should be ripe and perfectly dry, from the stalks, put it into a preserving-pan with the water, bring to boiling-point, and simmer gently for about 20 minutes. Add the sugar and boil for about ½ an hour from the time the jam reboils, or until a little almost immediately sets when tested on a cold plate. Towards the end of the process the jam must be stirred almost continuously to prevent it boiling over or sticking to the bottom of the pan. Pour into pots, at once cover closely, and store.

TIME.—From 50 to 60 minutes.

CURRANTS, BOTTLED.

See **Damsons, Bottled.**

DAMSON JAM.

INGREDIENTS.—To each lb. of fruit allow from ½ lb. to 1 lb. of preserving sugar, according to taste.

METHOD.—Remove the stalks, put the fruit and sugar into a preserving-pan, let it stand by the side of the fire until some of the juice is extracted, then bring slowly to boiling point, occasionally stirring meanwhile. Boil gently for about 45 minutes, or until the syrup, when tested on a cold plate, stiffens. Pour into pots; cover with paper brushed over with white of egg.

TIME.—About 1½ hours.

DAMSONS, BOTTLED.

INGREDIENTS.—Damsons, sugar.

METHOD.—Remove the stalks, but not the stones, place the fruit in wide-necked glass bottles, and tie a piece of bladder securely over the top of each one. Cover the bottom of a large boiling-pot with a thin layer of straw, stand the bottles side by side on the top of it, and surround them with cold water. Bring slowly to boiling point, then remove the boiling-pot from the fire, but let the bottles

remain in it until the contents are perfectly cold. Before storing them remove the bladder, fill the mouths of the bottles with sugar, and cork with tight-fitting corks. Cover with melted wax, and store.

TIME.—About 12 hours.

FRUIT, FRESH, TO BOTTLE.

Allow 4 oz. of preserving sugar to each quart of fruit, and follow directions in preceding recipe.

GOOSEBERRY AND CURRANT JAM.

INGREDIENTS.—6 lb. of red hairy gooseberries, 4 lb. of preserving sugar, ½ pint of currant juice (*see* Red Currant Jelly).

METHOD.—Head and tail the gooseberries, put them into a preserving-pan, and allow them to stand by the side of the fire until some of the juice is extracted. Bring to boiling point; when the gooseberries have boiled for about 10 minutes add the sugar gradually, put in the red-currant juice, and boil until the jam sets when tested on a cold plate. The scum must be removed as it rises, and the jam should be well stirred towards the end of the boiling process. When ready pour into pots, cover closely, and store.

TIME.—From 1½ to 2 hours.

GREENGAGE JAM.

INGREDIENTS. — Firm, sound greengages. To each lb. allow ¾ lb. of preserving sugar.

METHOD.—Remove the stalks and stones, crack a few of the latter, and put the kernels aside. Cover the bottom of a preserving-pan to the depth of ½ an inch with cold water, put in the fruit and kernels, bring slowly to boiling point, and boil gently for about 15 minutes. Meanwhile, the sugar should have been placed in the oven in a deep tin or dish, and allowed to become thoroughly hot. It may now be added gradually to the fruit, and the boiling must be continued until the jam sets quickly when tested on a cold plate. Pour into pots, cover with paper brushed over with white of egg, and store.

TIME.—From 1 to 1½ hours.

MARMALADE, ORANGE.

INGREDIENTS.—12 Seville oranges, 2 lemons, preserving sugar.

METHOD.—Slice the fruit thinly, removing the pith and pips. Weigh it, and to each lb. add 3 pints of cold water. Let the whole remain covered in an earthenware vessel for 3 days, then turn the preparation into a preserving-pan and boil gently until quite tender. Let it cool, weigh again, and to each lb. of fruit add 1 lb. of sugar. Bring to boiling point, skim well and cook gently until the syrup stiffens quickly when tested on a cold plate. Turn into pots, cover with paper brushed over on both sides with white of egg, and store.

TIME.—Altogether, about 4 days.

MARROW JAM.

INGREDIENTS.—Marrows, preserving sugar, ginger.

METHOD.—Peel and slice the marrow, and remove all the seeds. To every pound of marrow allow ¾ of a lb. of sugar, which must be placed in alternate layers with the sliced marrow, and allowed to remain undisturbed for not less than 12 hours. When ready, boil gently for about an hour, then add a teaspoonful of ginger to each 4 lb. of marrow, stir until well mixed, and turn into pots or glass jars; cover with parchment paper covers, and store in a dry place.

TIME.—About 1 hour to boil.

PLUM JAM.

INGREDIENTS.—Plums, sugar.

METHOD.—To each lb. of fruit allow from 12 to 16 oz. of sugar. Divide the plums, take out the stones, or if preferred, cut them across, and remove the stones as they rise in the pan. Pile the fruit on a large dish with the sugar spread

thickly between each layer, allow them to remain thus until the following day, then put the whole into a preserving-pan, and heat slowly by the side of the fire, stirring occasionally meanwhile. Boil gently until the jam sets quickly when tested on a cold plate, then turn it into pots, cover, and store.

TIME.—Altogether, 26 hours.

RASPBERRY JAM.

INGREDIENTS.—To every lb. of raspberries allow 1 lb. of sugar, ¼ pint of red-currant juice.

METHOD.—Let the fruit for this preserve be gathered in fine weather and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for about ½ of an hour, keeping them well stirred. Add the currant-juice and sugar, and boil again for about ½ an hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant-juice is a very great improvement.

TIME.—About 1 hour.

RED-CURRANT JAM.

INGREDIENTS.—Red currants, preserving sugar.

METHOD.—Remove the stalks, put the fruit into a preserving-pan, and to each lb. allow ¾ lb. of preserving sugar. Stir occasionally until the fruit is nearly boiling, and afterwards almost continuously. Boil gently for about 40 minutes, or until a little will set when poured on to a cold plate. Turn into pots, cover closely, and store.

TIME.—About one hour.

RED-CURRANT JELLY.

INGREDIENTS.—Red currants, preserving sugar.

METHOD.—Place the currants in a saucepan with a little water and simmer for about ½ an hour until all the juice is extracted. Strain through a jelly-bag or fine cloth into a preserving pan. To each pint add 1 lb. of sugar and boil slowly for about ¾ of an hour, skim well. When sufficiently boiled the jelly will set quickly if a little is put on a cold plate. Pour into small dry pots, tie down in the usual way and store in a cool, dry place.

TIME.—About 1½ hours.

RHUBARB JAM.

INGREDIENTS.—To each lb. of rhubarb, allow 1 lb. of preserving sugar, ½ a teaspoonful of ground ginger, and the finely-grated rind of ½ a lemon.

METHOD.—Remove the outer stringy part of the rhubarb, cut it into short lengths, and weigh it. Put it into a preserving-pan with sugar, ginger, and lemon-rind in the above proportions, place the pan by the side of the fire, and let the contents come very slowly to boiling point, stirring occasionally meanwhile. Boil until the jam sets quickly when tested on a cold plate. Pour it into pots, cover closely, and store in a cool place.

TIME.—From 1 to 1½ hours.

STRAWBERRY JAM.

INGREDIENTS.—To each lb. of fruit allow from 12 to 16 oz. of preserving sugar.

METHOD.—Remove the stalks from the fruit, put it into a preserving-pan, covering each layer thickly with sugar. Place the pan by the side of the fire, bring the contents slowly to boiling point, and stir occasionally. Skim well, boil gently until the jam sets when tested on a cold plate, taking care in stirring to keep the fruit as whole as possible. Pour into pots, cover with paper, brushed over on both sides with white of egg, and store.

TIME.—About 1 hour.

VEGETABLE MARROW JAM.

See **Marrow Jam.**

PICKLES.

PICKLES consist of vegetables and fruits steeped in vinegar previously boiled with spices, to which is frequently added salt and sugar, in quantities varied according to individual taste. The chief pickles are cabbage, cauliflower, chillies, gherkins, onions, and walnuts. Any or all of these, except cabbage, may be mixed. Indian pickles form a class by themselves; they are generally thick and highly spiced, mangoes forming a general base.

Damsons are more frequently preserved by means of vinegar than other fruits, but the method is equally applicable to any unripe stone-fruit.

To make pickles successfully, the vegetables or fruit must be perfectly dry, fresh, and not over-ripe.

If available, vinegar should be boiled in an enamelled pan, or, failing this, a stewjar placed in a saucepan of boiling water. If a metal pan must of necessity be used, one made of iron produces the least injurious effects. *Fatal results have followed the use of copper vessels for pickling purposes.*

BEETROOT PICKLE.

INGREDIENTS.—6 medium-sized beetroots, 1 quart of malt vinegar, ½ oz. of whole black pepper, ½ oz. of allspice, 1 small horseradish grated, salt to taste.

METHOD.—Wash the beetroots well, taking care not to break the skins, and bake them in a moderate oven for about 1½ hours. When cool enough to handle, remove the skins, cut the beetroots into ¼-inch slices, and place them in jars. Meanwhile, boil the vinegar, horseradish, pepper and spice together, let the mixture become quite cold, then pour it over the beetroot. Cover the jars closely with parchment paper coated on both sides with white of egg, and store until required in a cool, dry place.

TIME.—From 2 to 3 hours.

CABBAGE, PICKLED, RED.

INGREDIENTS.—1 good, firm, red cabbage, 1 quart of vinegar, ½ oz. of whole pepper, ½ oz. of allspice.

METHOD.—Remove the outer leaves of the cabbage, quarter it, remove the centre stalk, and cut each section across into very fine strips. Pile the shredded cabbage on a large dish, sprinkle it liberally with salt, and let it remain thus until the following day. Meanwhile boil the vinegar, pepper, and spice together, the latter being tied together in a piece of muslin, and allow the preparation to become quite cold. Turn the cabbage into an earthenware or enamelled colander, and when well drained put it into a large jar, and pour in the vinegar. It will be fit for use in 3 or 4 days; if kept for any length

of time it loses the crispness.

TIME.—Altogether, 2 days.

CHUTNEY, INDIAN.

INGREDIENTS.—1 quart of malt vinegar, 1 lb. of sour apples, peeled, cored and sliced, ½ a lb. of onions, peeled and coarsely-chopped, 1 lb. of moist sugar, ½ a lb. of raisins stoned and quartered, 4 oz. of salt, 4 oz. of ground ginger, 2 oz. of dry mustard, ¼ of an oz. of cayenne, 4 cloves of garlic finely chopped.

METHOD.—Cook the apples, onions and garlic with the salt, sugar and vinegar, until quite soft, and pass them through a fine hair sieve. Add the raisins, ginger, cayenne and mustard, mix well together, turn into a jar, and stand it in a warm, but not hot, place until the following day. Have ready some perfectly dry, wide-necked small bottles or jars, fill them with chutney, and cover closely so as to exclude the air. This may be kept for a year or two.

TIME.—To cook, about 2 hours.

MIXED PICKLES.

INGREDIENTS.—An equal weight of small mild onions, sour apples and cucumbers, vinegar to cover. To each pint of vinegar add 2 tablespoonfuls of sherry, 1 teaspoonful of salt, ½ a teaspoonful of pepper, a good pinch of cayenne.

METHOD.—Peel and slice the onions, apples and cucumbers thinly, put them into wide-necked bottles, add the seasoning and sherry, cover with vinegar, and cork closely. This pickle may be used the following day, and should not be kept for any length of time.

ONIONS, PICKLED.

INGREDIENTS.—Pickling onions; to each quart of vinegar add 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

METHOD.—Have the onions gathered when quite dry and ripe, and, with the fingers, take off their thin outside skin; then with a silver knife—*steel should not be used, as it spoils the colour of the onions*—remove one more skin, when the onions will look quite clear. Have ready some very dry bottles or jars, and as fast as the onions are peeled put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with the bladder, and put them in a dry place, and in a fortnight they will be ready for use.

TOMATOES AND ONIONS, PICKLED.

INGREDIENTS.—An equal weight of firm tomatoes and medium-sized Spanish onions, vinegar to cover. To each pint of vinegar allow 1 teaspoonful of peppercorns, ½ a teaspoonful of allspice, ½ a teaspoonful of salt.

METHOD.—Peel the onions, place them, with the tomatoes, compactly in a stewpan, add the salt, allspice and peppercorns tied together in muslin, cover with vinegar, and simmer very gently for about 5 or 6 hours. Turn into wide-necked bottles or jars, when cold cover closely, and store in a cool place.

TIME.—About 6 hours.

WALNUTS, PICKLED.

INGREDIENTS.—Green walnuts, vinegar. To 3 pints of vinegar allow 1 oz. of salt and ½ oz. of allspice, peppercorns, cloves and whole ginger.

METHOD.—Wipe and prick the walnuts, put them into wide-necked bottles or unglazed jars, and cover them with cold vinegar. Cover closely, let them stand in a cool, dry place for about 4 months, then drain off the vinegar. Boil as much fresh vinegar as will cover them, with the seasonings as stated above, and pour it, while boiling hot, over the walnuts. Cover closely, and store for about 3 weeks in a cool, dry place.

VEGETARIAN COOKERY.

FROM the earliest ages the doctrines and practice of vegetarianism have been observed, from necessity, as a religious duty, or on grounds of health.

The diet of those who partially or altogether eschew meat and fish may yet be nourishing, palatable and varied, if they will avail themselves of the many food-stuffs which nature has generously placed at their disposal. Strict vegetarians abstain altogether from milk, cheese butter and eggs, but whether a diet deprived of these valuable articles of food is suitable and beneficial depends largely upon climate, age, and occupation. Except in the case of those who can command a liberal supply of fresh fruit and fresh vegetables, even when scarce and dear, such a diet is apt to be monotonous, but not necessarily so. Oil may be substituted for butter, and vegetables and flour well browned in it form the basis of palatable soup and stew. In time, vegetarians lose their liking for preparations possessing much flavour and seasoning and usually prefer simple fare. Well-cooked preparations of rice, macaroni, spaghetti, and other farinaceous products of the same order, are usually preferred to the more elaborate vegetarian fare. Combined with cheese, they form a sufficiently sustaining diet. Add fresh vegetables and fruit, and the meal supplies to the vegetarian all that is desired or required.

Peas, beans, lentils, cheese, eggs, milk, oatmeal, and brown bread yield to the vegetarian certain constituents which he would otherwise obtain from meat, therefore, when substituting a vegetarian diet for a carnivorous one, it is advisable, in order to maintain the normal strength of the body, to include two or three of these food-stuffs in the daily fare.

SOUPS.

BROWN VEGETABLE SOUP.

INGREDIENTS.—2 quarts of water, 1 slice of bread, 1 cabbage, 2 carrots, 1 turnip, 2 onions, 2 potatoes, parsley, salt and pepper, 1 tablespoonful of oil or 1 oz. of butter.

METHOD.—Fry a slice of onion in the oil or butter in a large saucepan. When it is brown, but not burnt, add 2 quarts of water, salt, pepper, a slice of stale bread toasted, and vegetables cut up into small pieces. (1 small cabbage, 2 carrots, 1 turnip, 2 onions, 2 or 3 potatoes, and a bunch of parsley make a good soup.) French beans,

green peas with their pods, celery, parsnips, or any other vegetable may be added. Simmer for about 3 or 4 hours, then mash the vegetables through a colander, or in a saucepan with a spoon, simmer for another 10 minutes, and the soup is ready. If it is too thick, add more water, and boil for about 10 minutes after putting in the water; if too thin, boil fast with the lid off the saucepan until it is thick enough.

TIME.—From 3 to 4 hours. SUFFICIENT for 4 or 5 persons.

GREEN PEA SOUP.

See recipe, p. 76.

Use Vegetable Stock in lieu of White Stock.

HOTCH POTCH.

INGREDIENTS.—3 oz. of pearl barley, 1 small cabbage, 2 carrots, 1 turnip, 2 onions, parsley and herbs, 2 oz. of butter, salt and pepper, 3 quarts of water.

METHOD.—Put the barley on the fire with the cold water. Scrape or grate one of the carrots, and put it aside in a little water. Chop all the rest of the vegetable very small, and when the water boils put them in with the butter, salt, and pepper. There should be enough vegetables to make it rather thick. Simmer it all for about 2 hours, then add the scraped carrots and simmer for about another 30 minutes.

TIME.—About 3 hours. SUFFICIENT for 5 or 6 persons.

Note.—Many other vegetables may be added. Lettuce, green peas, and celery when in season.

LENTIL SOUP, GREEN.

INGREDIENTS.—½ pint of green lentils, a handful of spinach or a few drops of spinach colouring, 1 onion, 1 carrot, ½ a small turnip, allspice, 1 or 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 quart of water, ½ pint of milk, salt and pepper.

METHOD.—Soak the lentils overnight. Wash and drain them well, put them into the water when boiling, add the vegetables and ½ a teaspoonful of salt. Simmer for about 3½ hours, or until soft, pass the whole through a fine sieve, and replace in the stewpan. Add the milk, season to taste with salt and pepper, stir and boil gently for about 10 minutes, then serve with fried or toasted croûtons of bread.

TIME.—About 4½ hours. SUFFICIENT for 4 persons.

VEGETABLE CONSOMMÉ.

INGREDIENTS.—1 quart of vegetable stock, a small piece each of carrot, celery, onion, leek, 1 white of egg, 1 egg-shell, 1 teaspoonful of vegetable extract.

METHOD.—Put all the ingredients into a lined saucepan, boil up slowly whilst whisking, and then remove the whisk and let it simmer gently for about 15 minutes. Strain very carefully through a cloth, but do not *press* it through or it will become cloudy. Reheat, add the required garniture, and serve.

TIME.—About ½ an hour. SUFFICIENT for 1 quart.

VEGETABLE STOCK.

INGREDIENTS.—2 quarts of water, 2 oz. of haricot beans, 2 oz. of split peas, 1 onion, 1 carrot, ½ a stick of celery, parsley, herbs, pepper and salt, 3 cloves, 1 blade of mace.

METHOD.—Boil all the above vegetables, spice and herbs, in 2 quarts of water, for about 3 or 4 hours. Skim well; strain it off; it will keep for some time if it is left to stand and poured from the sediment.

TIME.—From 3 to 4 hours. SUFFICIENT for about 3 pints.

Note.—This may serve as the basis of a good many soups and sauces, just as stock made of meat and bones serves many purposes. All cooks may be assured that if gravy has to be made, and no meat is at hand of which to make it, water in which any vegetables have been boiled (except potatoes) will be better than plain water.

WHITE SOUP.

INGREDIENTS.—1 small onion, ¼ a turnip, ½ lb. of potatoes, 1 small branch of celery, 1 small parsnip or artichoke, 1½ pints of water, ¼ pint of milk, 1 teaspoonful of flour or cornflour, ½ oz. of butter, salt.

METHOD.—Cut about 1 lb. weight of any white vegetables, previously washed and peeled, into pieces, or preferably several kinds mixed, and simmer them until soft in the water with salt and butter. Rub them through a sieve or colander, put them back in the stewpan with the milk, and make hot. Put in the flour, mixed smoothly with a little cold water or milk, let the soup simmer for about 10 minutes, and serve with dice of fried bread.

TIME.—About 1 hour. SUFFICIENT for 3 or 4 persons.

SAUCES.

BROWN GRAVY.

INGREDIENTS.—1 onion, ¼ a carrot, ½ a turnip, parsley, herbs, and bay-leaf, 1 oz. of butter, 1 tablespoonful of flour, 1 pint of water, 1 dessertspoonful of vinegar, a lump of sugar, spice, a teaspoonful of ketchup or other condiment.

METHOD.—Fry the chopped vegetables in the butter until they are dark brown; add the flour and water, and stir until the mixture boils; then put in the parsley, herbs, vinegar, sugar, spice and seasoning to taste. Simmer by the side of the fire for about 1 hour, strain, and add the ketchup.

TIME.—About 1½ hours. SUFFICIENT for ½ pint of gravy.

MAYONNAISE SAUCE.

See recipe, p. 93.

SHARP SAUCE.

INGREDIENTS.—Salad-oil, 1 onion, 1 tomato, 3 mushrooms, 1 oz. of flour, ¾ pint of water, vinegar, sweet herbs, pepper and salt, nutmeg.

METHOD.—Put in a saucepan, 2 tablespoonfuls of oil with the onion, tomato, and mushrooms, all very finely chopped. When nicely browned add the flour, and let it brown also; then ¾ pint of water or vegetable stock, and stir the mixture till it boils. Put in 2 tablespoonfuls of vinegar and a few sweet herbs. Simmer for a few minutes, strain and serve.

TIME.—About 20 minutes.

TOMATO SAUCE.

INGREDIENTS.—6 ripe tomatoes, 1 small onion, pepper and salt, water, sugar, cochineal.

METHOD.—Put the tomatoes and onion in just enough water to prevent their burning, and cook them till soft, either in the oven or over the fire. Rub them through a sieve, then reheat the purée, and add a very little sugar and cochineal, also salt and pepper to taste.

TIME.—About ½ an hour.

WHITE SAUCE FOR PUDDINGS.

INGREDIENTS.—1 lemon, 1 teaspoonful of cornflour, 2 tablespoonfuls of milk, ½ a pint of water, 1 teaspoonful of white sugar.

METHOD.—Peel the lemon thinly, boil the lemon-rind in the water, mix the cornflour with the milk to a smooth paste, and pour on the boiling water. Put it back in the saucepan with the sugar, and let it boil for about 10 minutes; add the lemon-juice, and serve.

TIME.—About 15 minutes. SUFFICIENT for ½ a pint.

WHITE OR BÉCHAMEL SAUCE.

See recipe, p. 87.

Use milk in place of white stock.

SAVOURY VEGETABLE DISHES.

BANANAS, FRIED.

INGREDIENTS.—Bananas peeled, flour, oil or butter to fry.

METHOD.—Cut the bananas in pieces, flour them, fry in butter until lightly browned, drain well, and serve with poached eggs, the same as bacon and eggs would be served.

TIME.—About 20 minutes. SUFFICIENT, 1 banana to each person.

BEAN CROQUETTES.

INGREDIENTS. — Boiled haricot beans (any left over from a dish of the day before will do), breadcrumbs, salt and pepper, a little fried chopped onion, egg, oil to fry.

METHOD.—Mash or sieve the haricot beans, add sufficient breadcrumbs to make them stiff enough to mould, a little fried chopped onion, pepper and salt. Shape them into balls or flat cakes, egg-and-bread-crumb them, and fry in hot oil. Serve with some sauce, or brown gravy poured round, and garnish with fried parsley. If peas are preferred, the ordinary split peas can be used; or lentils may be preferred. Parsley and herbs, or lemon-rind, can be added if liked. The croquettes are best eaten hot.

TIME.—Altogether, about ½ an hour. SUFFICIENT, allow 2 for each person.

BEANS AND TOMATOES.

INGREDIENTS.—Baked or boiled haricot beans, 1 oz. of flour, ½ oz. of butter, ½ pint of water in which the beans were cooked, 2 tablespoonfuls of tomato sauce.

METHOD.—Strain the beans, thicken the liquor with flour or flour and butter, add the tomato sauce, and let it boil. Put in the beans and serve hot. Cooked macaroni may be used instead of beans.

TIME.—About ½ an hour. SUFFICIENT for 2 persons.

BEANS, CURRIED.

INGREDIENTS.—½ pint of haricot beans, ½ a carrot, 1 apple, 1 onion, a tablespoonful of oil or butter, 1 dessertspoonful of flour and curry-powder mixed, ½ pint of water, rice.

METHOD.—Cook the beans in a slow oven, with water, until they are soft, and grate or chop the vegetables very fine. Heat up the oil, add the vegetables, fry for about 5 minutes, put in the flour and curry, and lastly the water or an equal quantity of the liquor in which the beans were boiled. Boil and thicken the stew, add the beans, make thoroughly hot, and serve with a border of boiled rice. Or, press the rice into a mould or into teacups, turn them into the dish, and pour the beans round.

TIME.—About 1 hour. SUFFICIENT for 2 or 3 persons.

Note.—Peas and lentils may be cooked in the same way, as may any kind of vegetable.

BEANS, POTTED.

INGREDIENTS.—½ pint of haricot beans, 2 oz. of breadcrumbs, 2 oz. of strong cheese grated, 2 oz. of butter, cayenne, pepper and salt, nutmeg to taste.

METHOD.—Bake the beans in a slow oven, pound them in a mortar, adding gradually the other ingredients. Press the mixture into pots and run a little butter over the top, if it is to keep many days. Potted beans make very good sandwiches with bread and butter. Store in a cool, dry place, as all kinds of beans quickly ferment.

TIME.—About 1½ hours. SUFFICIENT for 3 or 4 pots.

BREAD CUTLETS.

INGREDIENTS.—Slices of bread, milk, nutmeg, pepper, chopped parsley, herbs, and lemon-rind, egg and breadcrumbs, oil for frying.

METHOD.—Cut slices of bread of a suitable shape and about ¼ of an inch thick. Soak them in a little milk on a plate, but not sufficiently long to cause them to break. Mix the parsley, herbs, lemon-rind, nutmeg, and breadcrumbs. Break the egg on a plate, dip each slice into it, and then in the crumbs, and fry at once in a frying-pan. Drain on paper and serve hot with a green vegetable.

TIME.—About ½ an hour. SUFFICIENT, allow 2 or 3 to each person.

CARROT PUDDING.

INGREDIENTS.—Boiled carrots, ½ their bulk in breadcrumbs, 1 or 2 eggs, pepper and salt, 2 oz. of butter, Béchamel sauce.

METHOD.—Boil some carrots until soft, chop them small or rub them through a sieve, add the breadcrumbs and butter, and eggs sufficient to bind the whole together, with seasoning to taste. If eggs are not used, a couple of tablespoonfuls of flour and a little milk should be put in. Butter the pudding-basin, put in the mixture, steam from 1 to 1½ hours, according to size, turn out the pudding, and serve it hot with Béchamel sauce poured round the pudding.

TIME.—To steam, from 1 to 1½ hours. SUFFICIENT for 2 persons.

Note.—This pudding can be made with other vegetables. Chopped turnips or cauliflowers, mixed with the carrots, are excellent.

CAULIFLOWER, FRIED.

INGREDIENTS.—Remains of a boiled cauliflower, breadcrumbs, beaten egg and milk, a little grated cheese, hot fat and a little curry powder.

METHOD.—Divide the cauliflower into groups or sections. Dip these in the egg and milk and roll in breadcrumbs mixed with a little grated cheese. Fry in hot fat to a golden brown. Drain on paper and serve hot with a little curry powder sprinkled over the surface.

TIME.—About 10 minutes.

EGGS AND TOMATOES.

INGREDIENTS.—Fresh eggs, firm tomatoes, croûtes of fried or toasted bread, salt and pepper, salad.

METHOD.—Cut a slice off the end of each tomato, scoop out some of the pulp and season the inside of the tomatoes with salt and pepper. Into each one carefully break an egg, put on the lids, and bake in a moderately hot oven until the eggs are set. When cold, serve garnished with salad.

TIME.—From 10 to 15 minutes, to bake. SUFFICIENT, 1 to each person.

FORCEMEAT BALLS (For Serving in Soups, etc.).

INGREDIENTS.—4 oz. of fresh breadcrumbs, 1 tablespoonful each of flour, chopped pine-kernels, and chopped vegetable butter, ½ a teaspoonful each of chopped parsley, mixed herbs, and lemon-peel, 1 small egg, pepper and salt, fat.

METHOD.—Mix all the ingredients well together—using the egg to form a stiff paste. Roll into balls, fry a golden brown in either deep or shallow fat, and serve as required.

TIME.—About 15 minutes. SUFFICIENT for about 1 dozen balls.

FORCEMEAT FRITTERS.

INGREDIENTS.—8 oz. of soft breadcrumbs, 3 oz. of butter or margarine, 2 eggs, ½ pint of milk, 1 tablespoonful of chopped parsley, 1 teaspoonful of finely-chopped leek or onion, 1 teaspoonful of finely-chopped or powdered mixed herbs, 2 or 3 mushrooms, sliced and fried in oil or butter, salt, pepper.

METHOD.—Rub the butter or margarine into the breadcrumbs, add the parsley, leeks, herbs, and a seasoning of salt and pepper. Stir in the eggs and milk, shape into fingers, and fry in hot butter or oil in a frying-pan. Serve garnished with the fried slices of mushroom, and add brown sauce and red-currant jelly.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

HOMINY CROQUETTES.

See **Bean Croquettes.**

LENTIL RISSOLES.

INGREDIENTS.—½ lb. of lentils boiled or baked, ½ oz. of butter, pepper and salt, nutmeg, short-crust or rough puff-paste, oil for frying.

METHOD.—Cook the lentils until they are soft enough to mash, add the butter and seasoning. They ought not to be very dry. Roll the paste very thin, and cut it into rounds with a paste cutter or a teacup. Into each round put a little of the lentil mixture, fold it up, wet the edge, and stick it together. Egg and breadcrumb the rissoles, and fry them in oil. Serve hot with fried parsley.

TIME.—To fry, about 5 minutes. SUFFICIENT for 2 or 3 persons.

LENTILS, CURRIED.

See **Beans, Curried.**

LENTILS, SAVOURY.

INGREDIENTS.—1 quart of lentils, 2 oz. of butter, 1 dessertspoonful of finely-chopped onion, 1 teaspoonful of finely-chopped parsley, ½ pint of white sauce, salt and pepper.

METHOD.—Soak the lentils in tepid water for about 3 hours, changing it as it becomes cold. Melt half the butter in a stewpan; lightly fry the onion and add the lentils, previously drained, then cover with warm water, season with salt and pepper and cook gently for about 2 hours. As soon as the lentils are tender, remove the lid; when the water has evaporated allow the lentils to dry, add the rest of the butter, the white sauce, and the parsley, season to taste, toss over the fire until thoroughly hot; dish up and serve.

TIME.—About 6 hours. SUFFICIENT for 4 or 5 persons.

MACARONI AND CREAM.

INGREDIENTS.—½ lb. of macaroni, 2 oz. of Gruyère cheese grated, 2 oz. of Parmesan cheese grated, 2 oz. of butter, ½ pint of cream, salt and pepper, triangles of fried or toasted bread.

METHOD.—Break the macaroni into short lengths, throw them into boiling salted water, and boil rapidly for about 20 minutes, or until tender. Heat the butter, drain and add the macaroni, stir in the cheese and cream, and season to taste. Make quite hot, and serve garnished with sippets of bread.

TIME.—About ½ an hour. SUFFICIENT for 5 or 6 persons.

MACARONI AND ONION FRITTERS.

INGREDIENTS.—4 oz. of onions, 2 oz. of macaroni, 6 oz. of breadcrumbs, 2 eggs, and seasoning, oil for frying.

METHOD.—Stew the macaroni in water, and when tender drain and cut into small pieces, add the onions boiled and chopped, the breadcrumbs moistened with a little water, and the eggs well beaten; season with pepper and salt, and shape them; next fry the shapes, and serve with brown gravy.

TIME.—Altogether, about 40 minutes. SUFFICIENT for 2 persons.

MACARONI PUDDING.

INGREDIENTS.—6 oz. of macaroni, ½ lb. of bread, 1 teaspoonful of parsley, ½ a teaspoonful of mixed herbs, lemon-peel, spice, pepper and salt, 3 oz. of butter, 1 egg.

METHOD.—Parboil the macaroni, and with it line a pint basin previously buttered. Soak the bread in cold water, squeeze it dry, and add the rest of the ingredients with any macaroni that may be over, cut into pieces. Fill the basin and press it down. Cover it with buttered paper, and steam for about 1½ hours. Serve hot with white or brown sauce.

TIME.—To steam the pudding, about 1½ hours. SUFFICIENT for 4 persons.

MUSHROOM PUDDING.

INGREDIENTS.—½ lb. of flour, 6 oz. of chopped white vegetable butter, 1 teaspoonful of baking-powder, cold water, 1 quart of button or cup mushrooms washed and peeled, pepper and salt.

METHOD.—Make a crust with the flour, baking-powder, and 5 oz. of the butter. Line with it a greased pudding basin, put in the mushrooms with the remaining ounce of butter, pepper and salt, and moisten with a little water. Finish off like a beefsteak pudding. Boil or steam the pudding for 1½ hours or longer, if necessary.

TIME.—About 2 hours. SUFFICIENT for 4 persons.

NUT GALANTINE.

INGREDIENTS.—1½ oz. of pine kernels, 1½ oz. of cashew nuts, 4 oz. of white breadcrumbs, ½ a clove of garlic chopped very fine, some white sauce, 1 small egg, pepper and salt.

METHOD.—Pass the nuts through a nutmill, mix all ingredients together to form a stiff paste, shape into a roll, tie up in a cloth, and steam for about 1½ hours. Place between 2 tins with a weight on the top. Next day, remove the cloth, glaze in the usual way and garnish with salad.

TIME.—24 hours. SUFFICIENT for 4 or 5 persons.

NUT SANDWICHES.

INGREDIENTS.—Walnuts finely-chopped, mayonnaise sauce, cayenne or Krona pepper, thin slices of white or brown bread and butter.

METHOD.—Moisten the nuts with a little mayonnaise sauce, spread rather thickly on bread and butter, and sprinkle lightly with red pepper. Cover with slices of bread and butter, trim off the crusts, cut into triangles. Dish up and serve garnished with cress or parsley.

TIME.—About ½ an hour. SUFFICIENT, allow 2 to each person.

POTATO OMELET.

INGREDIENTS.—1 large potato, 2 or 3 eggs, 1 oz. of butter, lemon-juice, nutmeg, salt and pepper.

METHOD.—Bake the potato in its skin, pass the mealy part through a fine sieve, and mix with it the yolks of the eggs, a few drops of lemon-juice, a pinch of nutmeg, and a little salt and pepper. Whisk the whites stiffly, stir them lightly in, and fry the omelet in the hot butter. If preferred, the omelet may be baked in the oven.

TIME.—To fry the omelet, 4 or 5 minutes. SUFFICIENT for 2 persons.

POTATO PIE.

INGREDIENTS.—2 lb. of potatoes, 1 onion, 1 stick of celery, 1 oz. of butter, 1 oz. of sago or tapioca, seasoning, short-crust paste to cover, water or milk.

METHOD.—Slice the potatoes and the celery, fry the onion in the butter, and fill a pie-dish with these, sprinkling in the sago or tapioca, and seasoning to taste. Fill up with water or milk, put on a cover of paste, and bake in a good oven for about 1 hour or more, according to size.

TIME.—To bake, about 1 hour. SUFFICIENT for 3 or 4 persons.

POTATO ROLLS.

INGREDIENTS.—Pastry, potatoes, turnips, celery, onion, parsley, sweet herbs, seasoning, 1 oz. of butter, short-crust paste.

METHOD.—Cut the potatoes into small pieces. To each lb. add 1 small piece of turnip, 1 stick of celery, 1 small onion, chopped parsley, herbs, and seasoning to taste, and the butter. Roll out the paste to the thickness of ⅛ inch, cut in rounds or squares 4 inches across. Fill each with the vegetables, fold it over like a turnover, and bake about ¾ of an hour. Serve hot or cold.

TIME.—To bake the rolls, about ¾ of an hour. SUFFICIENT for 6 or 8 rolls.

POTATOES AU GRATIN.

INGREDIENTS.—2 or 3 cold boiled potatoes, ½ oz. of grated cheese, breadcrumbs, white sauce, salt, pepper and a grate of nutmeg.

METHOD.—Cut the potatoes into dice or thick slices. Season to taste with salt and pepper and add a grate of nutmeg and the grated cheese. Put the potatoes into a greased fireproof dish, cover with a little well-made white sauce, smooth the surface with the blade of a knife and sprinkle over a few fresh breadcrumbs. Bake in a hot oven for about 15 minutes, or place under a hot grill until the surface is nicely browned.

TIME.—About 20 minutes. SUFFICIENT for 1 or 2 persons.

POTATOES, SAUTÉED.

INGREDIENTS.—2 or 3 cold boiled potatoes, about 1 oz. of butter or good dripping, a little finely-chopped parsley.

METHOD.—Slice the potatoes. Melt the butter or dripping in a frying-pan and fry the slices of potato a golden brown. Serve hot with a little finely-chopped parsley sprinkled over.

TIME.—About 10 minutes. SUFFICIENT for 1 or 2 persons.

Note.—See also various recipes for cooking Potatoes in Vegetable Section.

RICE, SAVOURY.

INGREDIENTS.—½ lb. of rice, 1 small onion, 3 tablespoonfuls of grated cheese, 3 tablespoonfuls of tomato sauce, a dessertspoonful of chopped parsley and herbs, cayenne and salt, 2 oz. of butter.

METHOD.—Boil the rice in water with the onion chopped finely. When tender and nearly dry, stir in the other ingredients. The rice should be firm enough to make a mound on the dish. Serve hot.

TIME.—About ½ an hour. SUFFICIENT for 3 or 4 persons.

RICH CROQUETTES AND CHEESE.

INGREDIENTS.—6 oz. of rice, 1 pint of milk, 1 pint of water, 1 oz. of butter, 2 tablespoonfuls of grated cheese, 2 eggs, cayenne, salt and pepper, egg and breadcrumbs, frying-fat.

METHOD.—Cook the rice in the milk and water until soft and fairly dry, add the cheese and seasoning. When cold divide into cork-shaped pieces, coat with egg and breadcrumbs, and fry until nicely browned.

TIME.—To cook the rice, from 1½ to 2 hours. SUFFICIENT for 5 or 6 persons.

VEGETABLE GOOSE.

INGREDIENTS.—½ lb. of bread soaked in cold water, 1 onion, 1 teaspoonful of chopped sage, 2 oz. of chopped walnuts, 1 oz. of butter, pepper and salt.

METHOD.—Squeeze the bread nearly dry, and mash it, mix in the other ingredients, chopped small. Grease a Yorkshire pudding-dish, put in the mixture, and bake in a good oven for about ¾ of an hour. Serve hot, and cut in squares.

TIME.—About 1½ hours. SUFFICIENT for 3 persons.

VEGETABLE PIE.

INGREDIENTS.—1 onion, 1 carrot, 1 stick of celery, a handful of green peas, ½ oz. of sago or tapioca, 1 oz. of butter, pepper and salt, a teaspoonful of flour, short-crust paste.

METHOD.—Stew all the above ingredients together in a very little water until they are three-parts cooked. They should be cut into small pieces; then place them in a pie-dish, cover it with a crust like a meat pie, and bake it until the crust is done. The pie may be made of any vegetables in season.

TIME.—To bake about ½ an hour. SUFFICIENT for 2 persons.

FARINACEOUS FOODS.

HOMINY FRITTERS.

See **Hominy Croquettes, p. 322.**

HOMINY PORRIDGE.

INGREDIENTS.—6 oz. of hominy, 1 quart of water, a piece of butter.

METHOD.—Pour boiling water on the hominy overnight, and let it stand until morning. Then add more water if necessary, and boil for at least ½ an hour. Stir in the butter just before serving.

TIME.—About ½ an hour. SUFFICIENT for 4 or 5 persons.

LENTIL PORRIDGE.

INGREDIENTS.—3 oz. of lentil flour, 1 pint of water, salt, butter.

METHOD.—Put the flour and salt in a basin with a little cold water, add the rest of the water boiling, put it on the fire, and boil for about 20 minutes. Stir in the butter just before serving. Half lentil and half barley or wheat-flour is preferred by some.

TIME.—About 30 minutes. SUFFICIENT for 2 persons.

OATMEAL PORRIDGE.

INGREDIENTS. — Oatmeal, salt, water.

METHOD.—There are several ways of making porridge. The one generally adopted—although by no means the best—is to sprinkle the oatmeal into boiling, slightly salted water, with the left hand, meanwhile stirring briskly with a wooden spoon or wooden spatula. When the porridge is thick enough, the stewpan is drawn to the side of the fire, and the contents, slowly cooked from 20 to 30 minutes, being occasionally stirred to prevent it sticking to the bottom of the pan. A better method is to soak 4 oz. of oatmeal in 1½ pints of cold water overnight, and in the morning strain the water into a stewpan, and when boiling add the oatmeal, and salt to taste. About 20 minutes gentle simmering will sufficiently cook it, and it must be well stirred during the process. Probably the best plan of all is to use a water-jacketed saucepan for making porridge, for it is always desirable to have oatmeal thoroughly cooked, and as the water in the outer pan obviates the necessity of frequent stirring, the porridge may, with little trouble, be cooked for 2 or 3 hours on the previous day, and reheated when required; a pinch of salt should always be added to the porridge. There are three varieties of oatmeal—coarse, medium, and fine; any kind may be used for making porridge.

OATMEAL SCONES.

INGREDIENTS. — Cold oatmeal porridge, flour.

METHOD.—Into the cold porridge knead as much flour as will enable it to be rolled out ¼ of an inch thick. Cut in three-cornered pieces and bake on a greased griddle or in the oven. Serve hot, split, and buttered.

TIME.—To bake, from 20 to 25 minutes. SUFFICIENT, 2 for each person.

POLENTA AND CHEESE.

INGREDIENTS.—Cold maize meal porridge, butter or oil, grated cheese, salt and cayenne.

METHOD.—Cut the cold polenta into square or oblong pieces about ¼ inch thick. Arrange them on a flat dish or a pie-dish, in layers, with grated cheese between and over the top. Put a few pieces of butter over, and bake till brown in a good oven. Serve hot.

TIME.—About ½ an hour. SUFFICIENT for 1 dish.

WHEATMEAL PORRIDGE.

INGREDIENTS. — Wheatmeal coarsely ground, water.

METHOD.—Proceed as directed for Oatmeal Porridge.

SWEETS.

It is, of course, quite unnecessary to repeat in this section any recipes for butter pastry. All those in the chapter on puddings and pastry are suitable.

Nor is there any difficulty in selecting puddings made from vegetable products. The only peculiarity that might be said to belong to vegetarian puddings, as a class, is that they are more solid and satisfying than puddings that are often thrown in as a luxury, rather than as a food, at the end of a repast of meat.

In strict vegetarian cookery suet is replaced by one of the nut butters.

MINCEMEAT.

INGREDIENTS.—6 lemons, ½ lb. of apples, 1 lb. of raisins weighed when picked and stoned, 1 lb. of currants, 1 lb. of sugar, ½ lb. of chopped white nut butter, 2 oz. of candied citron, 2 oz. of candied orange, 2 oz. of chopped pine kernels, 1 teaspoonful of mace, 1 teaspoonful of cinnamon, almond essence, ½ a gill of brandy (if liked).

METHOD.—Grate off the lemon-rind, then chop the raisins, apples, candied peel and pine kernels; add the currants, and sugar, the grated rind of the lemons, the juice, a small teaspoonful of mace, a small teaspoonful of cinnamon, 12 or 15 drops of almond flavouring, and lastly, the butter and brandy, if used. Mix well.

TIME.—About ½ an hour. SUFFICIENT for about 4 lb.

PASTRY, WITHOUT BUTTER.

INGREDIENTS.—1 lb. of flour, 1 teaspoonful of baking-powder, a small wineglassful of salad-oil, water.

METHOD.—Mix the flour and baking-powder. Add the oil to cold water, and stir the paste to a proper consistency for rolling. Fold it over and roll it out 2 or 3 times, place on a baking tin, and bake immediately.

PLUM PUDDING.

INGREDIENTS.—½ lb. of flour, ½ lb. of currants, ½ lb. of sultanas, 4 oz. of butter, 3 eggs, the grated rind of a lemon, nutmeg, 1 teaspoonful of baking-powder.

METHOD.—Mix the baking-powder with the flour, rub in the butter, and add the currants and raisins, the lemon-peel finely grated, a little nutmeg, and the eggs well beaten. Put it into a greased basin, boil or steam for about 4 hours and serve with white sauce.

TIME.—About 5 hours. SUFFICIENT for 1 large pudding.

WALNUT TRIFLE.

INGREDIENTS.—4 oz. of walnuts, 6 oz. of stale cake-crumbs, 2 bananas cut in slices, raspberry jam, ½ of a pint of boiled custard, angelica, cherries.

METHOD.—Pass the nuts through a nut-mill, mix all ingredients together, using the jam and sufficient custard to make a fairly firm paste. Place in a dish, cover with custard, scatter a little of the milled walnuts over, and decorate tastefully with some whole walnuts, angelica and cherries.

INVALID COOKERY.

THERE is no form of cookery that requires more thought and care than that intended for the diet of the sick.

The choice of the food alone is a difficult question—to select what will nourish each particular individual in each particular case, for what is good for one person is not necessarily good for another, even if they be suffering from the same complaint.

It would be well for those who nurse the sick, whether amateur or professional, to know for themselves the value and the constituents of the food they have to administer.

THE DIET.

A sick person's diet is as important as his physic, in fact, in many cases it is his physic. It should, therefore, be prepared as carefully as medicine would be mixed, and administered with the greatest consideration and punctuality.

A sick-room diet, particularly in the case of long and serious illness, should be one that will give the least possible work to that part of the digestive canal that is least able to bear it; to compensate for the waste and drain upon the system. To ensure this, the doctor will prescribe the diet as well as the medicine, and his instructions should be faithfully carried out. It is cruel kindness to give whatever a sick person craves for, in defiance of doctors' opinions.

A much more common difficulty in dealing with the sick is to get them to take enough food; but this is sometimes the fault of the nurse. With the kindest intentions, she will bring a plateful of jelly or a basin of beef-tea to her patient, and he will reject it with disgust, because, in his weak state, the sight of so much food is most distasteful to him; whereas, did she but bring a few spoonfuls at a time, he might rouse himself to make the slight exertion that a small quantity would entail.

Give little food and often. What is taken willingly and with relish, if even a very little, does more good than double the amount swallowed with disgust.

In some cases it is absolutely essential that to get the patient to take any food at all, it must be only given exactly when he chooses to take it, but as a rule there are times and hours dictated. In these cases, punctuality is of the utmost importance. Never let the patient wait for a meal or even a spoonful beyond the appointed time, unless asleep and it is undesirable to wake him. Most essential is this in the small hours of the morning, when the patient's strength is at its lowest ebb. This is the most trying time for the amateur nurse, but, feeling as she will probably feel then, weak and worn out, she must remember that so will her patient be, and be careful that both food and medicine be punctually given. If kept waiting, most patients lose their desire to eat and will reject the food when brought. When there is no appetite, give such food as affords the most nourishment with the least amount of exertion

either to teeth or digestion. Put the greatest amount of nourishment into the smallest space, and let the food, if solid, be divided.

LEAVING FOOD IN THE ROOM.

Never leave food in a sick-room. If the patient cannot eat it, take it away out of the room, and bring it again after a due interval.

IN CASES OF INFECTION.

When disease is infectious, no one should take any of the food that comes from the sick-room; anything that remains should be burnt. In acute diseases the diet is generally limited to liquids, such as milk and beef-tea. The former is the best food of any in such cases, and it is a most fortunate thing if the patient is able to take it. If he cannot digest it as it is, he may possibly be able to do so if it be boiled and given warm, or if it be mixed with lime or soda-water.

When every preparation of fresh milk has been used in vain, whey is sometimes found useful, also koumiss, or fermented milk, may be tried. In many illnesses the patient suffers from sickness and nausea, when all food should be given iced or as cold as possible. Milk may be stood on ice for a long time, and if no ice is at hand it is a good plan to wrap a wet cloth round the jug containing it and stand it outside the window or by a door in a draught.

IN CONVALESCENCE.

In convalescence, invalid diet is comparatively easy to manage, though it may take longer to prepare the food from the fact that it should be as *varied* as possible.

Never make a large quantity of anything at one time, thinking that what the invalid has liked he may continue to like, for in nine cases out of ten his appetite will be very capricious.

In convalescence eggs are valuable, and are easily digested if beaten to a froth with a little sugar, if liked, and a spoonful of brandy, if desirable. If they are cooked, they should be done very lightly. Sago, tapioca, and bread puddings are generally acceptable to the invalid after a long course of beef-tea, broth, arrowroot, and jelly. The next step is generally to fish, of which the first should be whiting, as it is of all fish the easiest of digestion. It is condemned by many as tasteless, but this can be remedied if a nice sauce be served with it.

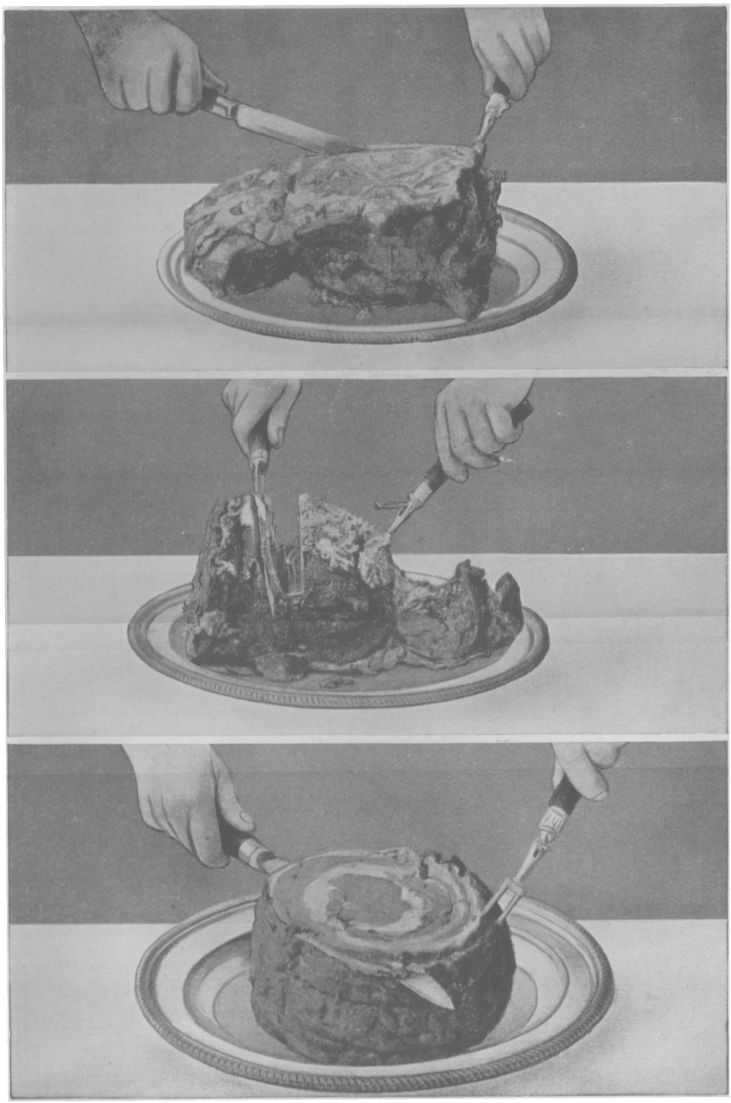
Mutton is generally the first meat an invalid is allowed to take; but if in season, lamb is more delicate. Whichever meat it is, it should not be fat, nor should it be fried for the first meat meal. The most digestible way of cooking it is by stewing. In everything prepared for a sick-room the greatest attention must be paid to cleanliness. If the kitchen utensils are not scrupulously clean, some disagreeable flavour may be imparted to the preparation. A flavour, it may be, imperceptible to the healthy palate, but perfectly obvious to the sick person. It is safer to use fireproof glass, china or earthenware than metal for very delicate cookery.

KEEPING FOOD HOT.

No cooking of any kind may be done in the sick-room; and there is often a difficulty in keeping food hot.

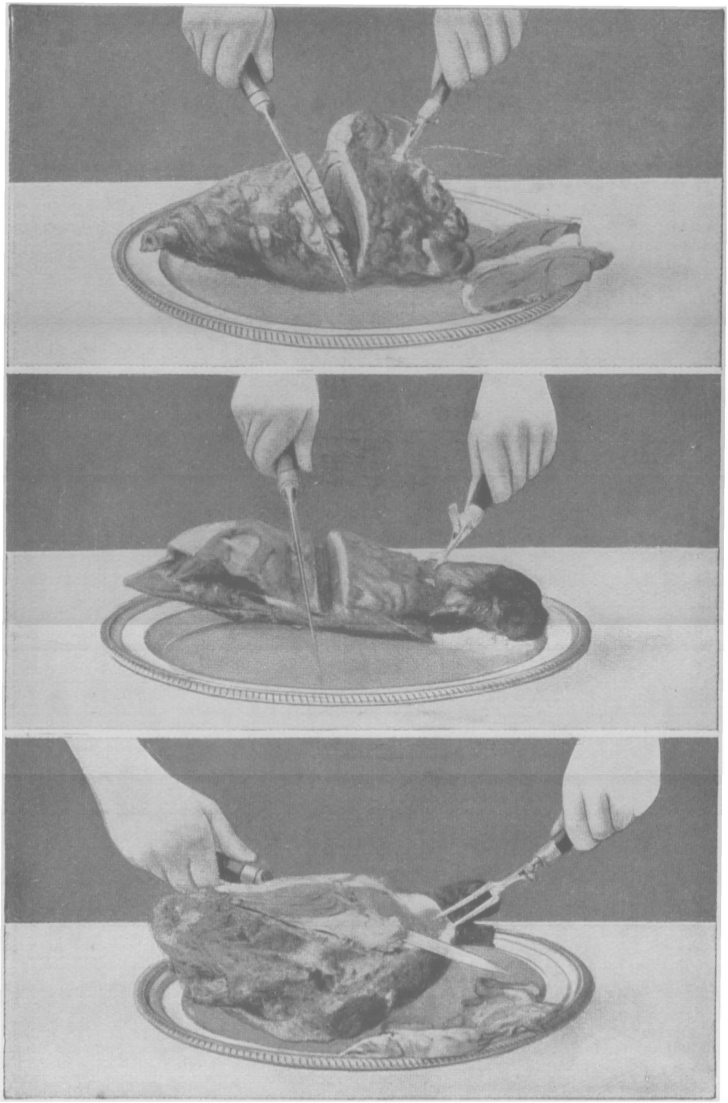
Thermos flasks are excellent for keeping liquids hot in small quantities. Food containers, in various sizes, are ideal for maintaining fish, meat, vegetables and puddings at the required temperature. They consist of an inner container, often surrounded with hot water, in which the food is placed, this container is again surrounded by a special non-conducting material, which makes the escape of heat practically negligible.

CARVING: NO 1



1. Sirloin of Beef (Uppercut). 2. Sirloin of Beef (Fillet). 3. Round of Beef.

CARVING: No. 2



1. Leg of Mutton. 2. Shoulder of Mutton. 3. Shoulder of Mutton.

BEVERAGES.

ARROWROOT.

INGREDIENTS.—1 small dessertspoonful of arrowroot, 1 teaspoonful of castor sugar, ½ pint of milk or water.

METHOD.—Mix the arrowroot smoothly with a little cold milk, boil the remainder and pour it on, stirring briskly meanwhile. Return to the stewpan, and boil for about 5 minutes, stirring all the time. Add the sugar and serve. If preferred, an equal quantity of water may be substituted for the milk.

TIME.—About 10 minutes.

BARLEY GRUEL (PATENT BARLEY).

INGREDIENTS.—1 tablespoonful of Patent Barley (Flour), pinch of salt, a little cold water, ½ pint boiling water (or milk), sugar or port to taste.

METHOD.—Mix the barley with cold water, until a smooth paste about the thickness of cream is formed; then add to this the salt, the boiling water (or milk, which is preferable); put into an enamelled saucepan; add sugar or wine to taste; simmer for about 10 minutes, stirring all the time with a silver or wooden spoon.

TIME.—About 10 minutes. SUFFICIENT to make ½ pint.

BARLEY WATER.

INGREDIENTS.—2 oz. of pearl barley, 2 or 3 lumps of sugar, the thinly-pared rind of ½ small lemon, 1 pint of boiling water.

METHOD.—Cover the barley with cold water, boil for about 2 minutes, and strain. Place the barley, sugar, and lemon-rind in a jug, pour in the boiling water, and cover closely. When cold, strain and use. This forms a nutritious, agreeable drink, and it is also largely used to dilute milk, thus making it easier of digestion. A very pleasant drink may be more quickly prepared by using patent barley, following the directions on each packet.

TIME.—About 1 hour.

BLACK-CURRANT TEA.

INGREDIENTS.—1 dessertspoonful of black-currant jam, 1 teaspoonful of lemon-juice, 1 teaspoonful of castor sugar, ½ pint of boiling water.

METHOD.—Put the jam, sugar, and lemon-juice into a jug, pour on the boiling water, and stir well. Cover with a plate or saucer, and let the jug stand by the side of the fire for about 15 or 20 minutes. Strain and use hot as a remedy for a cold, or allow it to become cold and use as a beverage to alleviate thirst or hoarseness.

TIME.—About 20 minutes.

CURDS AND WHEY

(*See* Milk Section).

EGG AND BRANDY OR WINE.

INGREDIENTS.—1 egg, 1 tablespoonful of good brandy, or a small glass of port or sherry, 1 tablespoonful of either hot or cold water, castor sugar to taste.

METHOD.—Beat the egg well in a cup, add a little sugar, and the water and brandy, port or sherry, and mix well. Strain into a tumbler, and serve.

TIME.—About 5 minutes.

EGG NOG.

INGREDIENTS.—1 white of egg, 1 tablespoonful of sherry or brandy, 1 tablespoonful of cream, castor sugar to taste.

METHOD. — Put the wine or brandy into a tumbler, add the cream and a little sugar, and mix well. Whisk the white of egg to a stiff froth, stir it lightly into the contents of the tumbler, and serve at once.

TIME.—About 5 minutes.

GRUEL, OATMEAL.

INGREDIENTS.—1 tablespoonful of fine oatmeal, 1 pint of water, or milk and water mixed, sugar to taste, a pinch of salt.

METHOD.—Mix the oatmeal with a little cold water, boil the remainder, pour in the blended oatmeal, and stir until boiling. Simmer gently for about ½ an hour, stirring frequently. Strain, add a pinch of salt, and sweeten to taste. Nutmeg, ginger, butter or cream are frequently added when the gruel is intended as a remedy for a cold. A very nutritious gruel can also be made with patent groats. Full directions are given with each packet.

TIME.—About 35 minutes.

LEMONADE.

INGREDIENTS.—The juice of 2 lemons, the rind of 1 lemon, 1 pint of boiling water, 4 or 5 lumps of sugar, or to taste.

METHOD.—Remove the rind of 1 lemon in thin, fine strips, place them in a jug, add the strained juice of 2 lemons, and the sugar. Pour in the boiling water, cover, let it stand until cold, then strain, and use.

TIME.—From 2 to 3 hours.

LINSEED TEA.

INGREDIENTS.—1 oz. of whole linseed, ½ oz. of liquorice, ½ oz. of sugar candy, the juice of ½ a lemon, the finely-cut rind of ½ of a lemon, 1 pint of cold water.

METHOD.—Wash and drain the linseed, and simmer it with the water, liquorice, and lemon-rind for about ½ an hour. Add the sugar candy, and when dissolved strain and stir in the lemon-juice.

TIME.—About 40 minutes.

PEPTONIZED GRUEL.

INGREDIENTS.—½ pint of thick gruel, ½ pint of fresh milk, 1 dessertspoonful of liquor pancreaticus, 20 grains of bicarbonate of soda.

METHOD.—Make the gruel from any farinaceous food preferred, and add to it the cold milk. Stir the liquor pancreaticus and bicarbonate of soda at once into this warm preparation, cover, and keep it at the same temperature for about ½ an hour. Boil for a few minutes, sweeten and flavour to taste, then serve.

TIME.—About 40 minutes.

RICE WATER.

INGREDIENTS.—1 oz. of rice (unpolished for preference, because of the valuable "salts"), 1 quart of cold water, flavouring.

METHOD.—Wash the rice well with cold water. Then macerate for about 3 hours in a quart of water kept at tepid heat, and afterwards boil slowly for about 1 hour, and strain. May be flavoured with lemon-peel, cloves, or other spice. This preparation is useful in dysentery, diarrhœa, etc.

TIME.—About 4 hours.

TOAST WATER.

INGREDIENTS.—1 crust of bread, 1 pint of cold water.

METHOD.—Toast the bread very brown and hard, but do not burn it, or it will impart a disagreeable flavour to the water. Put it into a jug, pour over it the cold water, let it soak for about 1 hour, then strain and use.

TIME.—About 1½ hours.

WHEY.

See **Curds and Whey, and White Wine Whey.**

WHITE WINE WHEY.

INGREDIENTS.—½ pint of milk, ½ glass of sherry, sugar to taste.

METHOD.—Put the milk and wine into a small stewpan, simmer gently until the milk curdles, then strain through a fine sieve. The whey should be served hot; the curds, the indigestible part of the milk, are not used.

TIME.—About 5 minutes.

LIQUID FOODS.

BEEF JUICE.

INGREDIENTS.—½ lb. of lean juicy beef-steak, salt and pepper.

METHOD.—Remove all fat, and grill the steak quickly on both sides over a clear fire until slightly cooked. Cut it into strips, press out the juice with a lemon-squeezer into a hot cup and season to taste.

TIME.—To grill the steak, from 8 to 10 minutes.

BEEF TEA (For Convalescents).

INGREDIENTS.—1 lb. of gravy beef, 1 pint of cold water, ½ a teaspoonful of salt.

METHOD.—Remove the fat, shred the meat finely, or pass it through a mincing machine. Place it in an earthenware jar, add the water and salt, and cover closely. Place the jar in a saucepan of boiling water, or in a slow oven, and cook for about 3 hours, stirring occasionally. Strain, remove carefully all traces of grease, and serve.

TIME.—About 3 hours.

BEEF TEA (For Invalids).

INGREDIENTS.—1 lb. of lean juicy beef, 1 pint of cold water, ½ of a teaspoonful of salt.

METHOD.—Remove all fat and skin, cut the meat into fine shreds, place it with the salt and water in a basin, and soak for about 20 minutes. Turn it into a stewpan, heat very gently, and stir slowly until the liquid turns a rich red-brown and the meat becomes white, then strain through a fine strainer. Remove every particle of grease by repeatedly drawing white blotting paper or tissue paper over the surface, and serve. Great care must be taken to keep the beef-tea below simmering point, otherwise the albumen will harden and form brown particles. The clear liquid, which alone can be given in serious cases, will thus be deprived of its chief nourishing constituent, and must therefore be regarded as a stimulant only.

TIME.—About ½ an hour.

BEEF TEA AND EGG.

INGREDIENTS.—¼ pint beef tea, 1 yolk of egg, salt, toasted bread.

METHOD.—Beef tea, veal tea, mutton tea, or diluted beef essence may be employed in this preparation. Beat the yolk of an egg in a teacup, season lightly with salt, and if allowed, add a little pepper. Heat the beef tea, but do not allow it to boil, and pour it over the yolk of egg, stirring briskly meanwhile. Serve with thin strips of toast.

TIME.—About 10 minutes.

BEEF TEA CUSTARD.

INGREDIENTS.—¼ pint of good beef tea, the yolks of 2 eggs, the white of 1 egg, salt.

METHOD.—Beat the yolks and white thoroughly together, pour on to it the beef tea, and season to taste. Have ready a well-greased cup, pour in the preparation, cover with a greased paper, and stand the cup in a stewpan containing a little boiling water. Steam very gently for about 20 minutes, then turn out carefully. Serve either hot or cold, or cut into dice, and serve in broth or soup.

TIME.—About 20 minutes.

BEEF TEA, RAW.

INGREDIENTS.—2 oz. of lean juicy beef, 4 tablespoonfuls of cold water, a pinch of salt.

METHOD.—Cut off all skin and fat, shred the meat finely, pour over it the water, add the salt, cover and let it stand for at least 2 hours. When ready to use strain into a glass, and season to taste. This variety of beef tea is more easily digested than any other in consequence of the albumen being contained in an uncooked and therefore soluble condition.

CHICKEN BROTH.

INGREDIENTS.—1 chicken or a small fowl, 1 oz. of rice, about 3 pints of water, 1 carrot, 1 onion sliced, 1 strip of celery sliced, 2 cloves, 1 small blade of mace, finely-chopped parsley.

METHOD.—Place the chicken in a stewpan with the water, vegetables and spices tied in muslin, simmer gently for about 2 hours, then remove the chicken and strain the liquor. Cut the carrot into fancy shapes, and cut the breast into dice. Reheat the broth, season to taste, add the rice previously boiled, the chicken dice, prepared carrot and parsley, and serve.

TIME.—About 2½ hours.

EEL BROTH.

INGREDIENTS.—½ lb. of eel, 3 pints of cold water, ½ a small onion, 2 or 3 sprigs of parsley, 1 bay-leaf, 2 cloves, salt and pepper.

METHOD. — Wash, clean, and skin the eel, then cut it into small pieces, and put them in a stewpan. Add the water, onion, parsley, bay-leaf, cloves, and a little salt and pepper, and simmer gently for about 1½ hours, skimming when necessary. Strain into a basin, let it stand until cold, and remove every particle of fat. Reheat in small quantities as required.

TIME.—About 1½ hours.

MUTTON BROTH.

INGREDIENTS.—1 lb. of scrag end of the neck of mutton, 1 oz. of pearl barley, 1 small carrot, 1 small onion, 1 strip of celery, ½ of a teaspoonful of finely-chopped parsley, salt and pepper, 1 quart of water.

METHOD.—Trim the mutton into neat pieces, and remove all the fat, cut the carrot and onion into fine strips, and blanch the barley. Simmer the meat and vegetables in the water for about 2 hours, season lightly with salt and pepper, and add the pearl barley about 1 hour before serving. Place the parsley in a soup tureen, also some neatly cut pieces of the cooked meat, pour the broth upon it, and serve hot. If preferred, the broth may be strained and simply served with the chopped parsley.

TIME.—About 2 hours.

MUTTON TEA.

INGREDIENTS.—½ lb. of lean mutton, ½ pint of water, ½ of a teaspoonful of salt.

METHOD.—Mutton tea is less generally employed than beef tea, but it is a useful means of varying the diet, and it is both light and easily digested. For invalids it should be prepared as directed for "Beef Tea for Invalids," but a more savoury and palatable preparation for convalescents may be made by gently stewing the meat for 2 or 3 hours.

TIME.—About ½ an hour.

PEPTONIZED BEEF TEA.

INGREDIENTS.—½ lb. of finely-shredded lean beef, 1 teaspoonful of liquor pancreaticus, 20 grains of bicarbonate of soda, ½ pint of water, a pinch of salt.

METHOD.—Put the water, beef, and bicarbonate of soda into a stewpan, heat slowly to 140° F., stirring gently meanwhile, and keep at this temperature for about ½ an hour. Remove from the fire, and when it has cooled down to a lukewarm temperature add the liquor pancreaticus, and allow the vessel to remain covered in a warm place for about 1 hour. Then strain, bring to the boil, season to taste, and serve.

TIME.—About 1½ hours.

PEPTONIZED MILK.

INGREDIENTS.—½ pint of milk, ½ pint of water, 1 dessertspoonful of liquor pancreaticus, 20 grains of bicarbonate of soda.

METHOD.—Put the milk and water into an enamelled stewpan, heat it to 140° F., then pour it into a jug containing the liquor

pancreaticus and bicarbonate of soda. Cover the jug, wrap it in flannel, and let it stand in a warm, but not hot, place for about 1 hour. Boil up to prevent the bitter taste becoming too much developed. Milk thus prepared can be used for various preparations, or it may be served as ordinary milk, either hot or cold.

TIME.—About 1½ hours.

PEPTONIZED SOUPS.

Any purée or stock forming the basis of soup may be peptonized by adding to each pint 1 tablespoonful of liquor pancreaticus and 20 grains of bicarbonate of soda. As soon as the right stage of peptonization is reached the soup should at once be boiled, otherwise an unpleasant bitter flavour will be imparted to the preparation.

FISH.

FISH CAKES.

INGREDIENTS.—½ of a lb. of cooked fish, 2 oz. of mashed potatoes, ½ oz. of butter, pepper and salt, 1 egg and breadcrumbs, frying-fat, parsley.

METHOD.—Remove all skin and bone and chop the fish finely. Melt the butter in a stewpan, add the fish and potato, salt and pepper to taste, and stir in a little beaten egg. Cook over the fire until the mixture adheres, forming a ball, then turn on to a plate. When cold, form into cakes, brush over with the remainder of beaten egg, coat carefully with breadcrumbs, and fry in hot fat. Drain well, and serve on a dish paper garnished with fried parsley.

TIME.—About 1½ hours.

OYSTERS, STEWED.

INGREDIENTS.—6 oysters, ½ oz. of butter, ½ oz. of flour, yolk of a small egg, about ¼ gill of milk, 1 tablespoonful of cream, ½ a teaspoonful of lemon-juice, a small blade of mace, salt and pepper.

METHOD.—Blanch the oysters in their own liquor, then strain and add to it enough milk to increase the quantity to ¼ pint. Melt the butter in a stewpan, stir in the flour, add the mace, mixed liquor, and milk, and boil for a few minutes. Beat the cream and yolk of egg well together, strain them into the sauce, and stir by the side of the fire for a few minutes to cook the egg, but do not let it boil or it will curdle. Beard the oysters, cut them into halves or quarters and stir them into the sauce. Season to taste, add the lemon-juice, remove the mace, and serve at once.

TIME.—About 20 minutes. SUFFICIENT for 1 portion.

SOLE, GRILLED.

INGREDIENTS.—1 medium-sized sole, butter, salt and pepper to taste.

METHOD.—Trim the sole, and wipe it thoroughly with a damp cloth. Rub it over with a little salt and pepper, and coat it completely with liquid butter. Place the sole on a scrupulously clean, well-greased grill, and cook over or in front of a clear fire, turning it occasionally during the process. Or place the sole on a greased fireproof dish and put it under an electric or gas grill, cooking it each side for a few minutes. Serve in the dish or on a dish paper, garnished with parsley and lemon. If allowed, a good white sauce or other suitable sauce may accompany the dish.

TIME.—About 10 minutes. SUFFICIENT for 2 portions.

WHITING, BOILED.

INGREDIENTS.—1 whiting, 1 dessertspoonful of vinegar or 1 teaspoonful of lemon-juice, ½ a teaspoonful of salt.

METHOD.—Remove the skin and truss the whiting with its tail in its mouth. Have ready a stewpan containing just enough hot, but not boiling water, barely to cover the fish, add the vinegar or lemon-juice and the salt, put in the whiting, and cook very gently for about 7 or 8 minutes, keeping the water just below simmering point. Observe the cracking of the skin, which is a sure indication that the fish is sufficiently cooked. Drain well, and serve on a folded napkin garnished with parsley and slices of lemon. If allowed, parsley or white sauce should accompany the dish. A sole may be boiled in the same way, but a small fish-kettle should be used and the sole laid flat upon the strainer.

TIME.—About 7 or 8 minutes.

WHITING CREAM.

INGREDIENTS.—1 whiting, which should weigh 4 oz. when freed from skin and bone, 1 oz. of flour, ½ oz. of butter, 1 yolk of egg, ½ gill of milk, ½ gill cream, pepper and salt.

METHOD.—Melt the butter in a stewpan, stir in the flour, add the milk, cook until the panada leaves the sides of the pan and forms a compact mass round the bowl of the spoon, then turn on to a plate to cool. Pound the fish in a mortar until smooth, adding the panada, egg, and little seasoning, and pass the mixture through a fine sieve. Whip the cream slightly, stir it lightly into the preparation, which afterwards turn into a well-greased soufflé mould. Cover with a greased paper, steam gently from 40 to 45 minutes, then turn out and serve, either plain or with a white fish-sauce poured over and round.

TIME.—About 1¼ hours.

Note—See also FISH SECTION.

MEAT DISHES.

CALF'S FOOT, STEWED.

INGREDIENTS.—1 calf's foot, 1 oz. of butter, 1 oz. of flour, ½ gill of cream, 1 pint of water, 1 small onion sliced, 2 or 3 sprigs of parsley, 2 cloves, 1 small blade of mace, a little finely-chopped parsley.

METHOD.—Wash and blanch the foot, put it into the stewpan with the spices and vegetables, and stew gently for about 3 hours, adding more water if much evaporation occurs. When done, remove the bones, cut the meat into neat pieces, and keep them hot in a little of the stock. Melt the butter in a stewpan, stir in the flour, strain in the stock, boil gently until the sauce becomes thick and smooth, then season carefully and stir in the cream. Arrange the calf's foot neatly on a hot dish, pour the sauce over, and sprinkle lightly with parsley.

TIME.—About 3½ hours.

CHICKEN CUSTARD.

INGREDIENTS.—3 oz. of raw chicken, 1 egg, 1 gill of stock or milk, pepper and salt.

METHOD.—Shred the raw chicken finely or pass it through a mincing machine, then pound it in a mortar until smooth, adding the stock or milk gradually, and press it through a fine sieve. Beat the egg well, stir it into the chicken purée, and add pepper and salt to taste. Pour into well-greased china ramakin cases, cover with greased paper, and steam very gently until firm. If allowed, serve with good white sauce.

TIME.—About 40 minutes.

CHICKEN, FILLET OF, STEAMED.

INGREDIENTS.—The breast or wings of 1 chicken, butter, pepper and salt.

METHOD.—Remove the chicken carefully from the bone, sprinkle slightly with salt and pepper, and place in a well-greased soup-plate. Have ready a saucepan of boiling water, put the plate on the top of it, cover with another plate or basin, and cook very gently for about an hour. Serve with its own gravy.

TIME.—About an hour.

CHICKEN, MINCE OF, COOKED.

INGREDIENTS.—4 oz. of cooked chicken, 1 oz. of butter, a small dessertspoonful of flour, 1 yolk of egg, 1½ gills of stock or milk, 1 tablespoonful of cream, 1 bay-leaf, or a fine strip of lemon-rind, nutmeg, salt and pepper.

METHOD.—Remove all skin and bone, cut the chicken into very small dice, and simmer the bones, trimmings, and bay-leaf in a little water for at least 1 hour. Strain; if necessary, add milk to make up the 1½ gills, or, if more convenient, use milk entirely. Melt the butter in a stewpan, stir in the flour, add the stock, and boil for about 10 minutes. Add the prepared chicken; when thoroughly hot stir in the cream and yolk of egg previously beaten together, and season to taste with salt, pepper, and nutmeg. Stir by the side of the fire for a few minutes to cook the egg, then serve.

TIME.—About 15 minutes, after the stock is made.

CHICKEN OR GAME, FILLETS, GRILLED.

INGREDIENTS.—The breast or wings of 1 raw chicken, butter, salt and pepper.

METHOD.—Remove the bones with a sharp knife, keeping the fillets as intact as possible. Season them lightly with salt and pepper, wrap them separately in well-buttered white paper, and grill over or in front of a clear fire. Turn two or three times during the process, which should occupy from 10 to 12 minutes. Serve plainly, or with a little maître d'hôtel butter, or any sauce liked or allowed.

TIME.—About 12 minutes.

CHICKEN PANADA.

INGREDIENTS. — ¼ lb. of raw chicken, ½ gill of cream, pepper and salt, toast.

METHOD.—Pass the chicken-meat twice through a mincing machine, then weigh it and place it in a well-greased jar. Cover closely with greased paper, stand the jar in a saucepan, surround it to half its depth with boiling water, and cook very gently for about 1 hour. When ready, pound in a mortar until smooth, adding the liquor gradually, rub through a fine sieve, and stir in the cream previously whipped. Season to taste, and serve either hot or cold on strips of thin crisp toast.

TIME.—About 1½ hours.

CHOP, STEAMED.

INGREDIENTS.—1 lamb or mutton chop, 1 very small, finely-chopped onion, ½ pint of mutton broth or water, 1 tablespoonful of rice or barley, salt and pepper.

METHOD.—Trim off all the fat, place the chop in a stewpan, add the broth or water, onion and a little salt. Cover closely, and cook gently for about ½ an hour, then add the rice or barley and continue the slow cooking for 1 hour longer. Serve with the rice and gravy.

TIME.—About 1½ hours.

Note.—For other methods of preparing mutton chops and cutlets, *see* recipes for cooking Lamb and Mutton.

EGG, CODDLED.

INGREDIENTS.—1 new-laid egg.

METHOD.—Place the egg in boiling water, put on the lid, and let the stewpan stand for about 7 or 8

minutes where the water will keep hot without simmering. An egg cooked in this manner is more easily digested than when boiled in the ordinary way.

TIME.—About 7 or 8 minutes.

MUTTON, MINCE OF, FRESH.

INGREDIENTS.—6 oz. of lean mutton, ½ oz. of butter, 1 teaspoonful of flour, ½ of a teaspoonful of finely-chopped onion, ¼ pint of stock or water, salt and pepper, toasted bread.

METHOD.—Select tender, juicy meat, trim off all the fat, and cut the lean into tiny dice. Melt the butter in a stewpan, fry the onion lightly, add the meat, and cook gently for a few minutes, browning it slightly. Stir in the flour, add the stock, and a little salt and pepper, and simmer very gently until tender (about ½ an hour). Serve garnished with triangles of thin toasted bread.

TIME.—About 40 minutes.

TRIPE, STEWED.

INGREDIENTS.—½ lb. of tripe, ½ pint of milk, 1 oz. of flour, 1 finely-chopped onion, pepper and salt.

METHOD.—Cover the tripe with cold water, bring it to boil, drain well, and cut into 1-inch squares. Replace it in the stewpan, add the milk, onion, and a seasoning of salt and pepper, bring to the boil, and simmer very gently for about 2 hours. About 10 minutes before serving, add the flour mixed smoothly with a little cold milk, stir until boiling, simmer for a few minutes longer, and serve.

TIME.—About 2½ hours.

Note.—See also POULTRY, GAME, and ENTRÉE Sections.

JELLIES.

BEEF JELLY.

INGREDIENTS.—1 pint of beef tea, 1 oz. of gelatine, salt and pepper.

METHOD.—Dissolve the gelatine in 2 tablespoonfuls of hot water, add it to the beef tea, and season to taste. Stir until beginning to set, then pour into small moulds, and put aside until firm. In cases where all nourishment must be administered, cold or iced, the above recipe will be found extremely useful.

TIME.—Altogether about 2 or 3 hours.

CALF'S FOOT JELLY.

INGREDIENTS.—2 calves' feet, 5 pints of water, ½ a pint of sherry (optional), ½ of a pint of lemon-juice, 4 oz. of loaf sugar, the rinds of 3 lemons, the whites and shells of 2 eggs, 1 inch of cinnamon, 4 cloves.

METHOD.—Wash and blanch the feet, and divide each one into 4 pieces. Replace them in the stewpan, add the water, and boil gently for about 6 hours, skimming when necessary. Strain and measure the stock, and if there is more than 1 quart, boil until reduced to this quantity. When cold remove every particle of grease, turn the jellied stock into a stewpan, and add the lemon-rinds, pared off in the thinnest possible strips, the lemon-juice, sherry (if used), sugar, the stiffly-whisked whites and crushed shells of the eggs, and the cinnamon and cloves. Whisk until boiling, then draw the stewpan to the side of the fire, and let the contents simmer for about

10 minutes. Strain through a scalded jelly-bag, or scalded tea-cloth tied to the legs of a chair reversed, and turn into moulds rinsed with cold water. Turn out when firm, and serve.

TIME.—About 12 hours.

EGG JELLY.

INGREDIENTS.—2 eggs, 4 oz. of loaf sugar, ½ oz. of gelatine, 2 lemons.

METHOD.—Rub the sugar on the lemon-rind, squeeze and strain the juice, and make up to 1 pint with cold water. Soak the gelatine from 15 to 20 minutes. When ready, turn it into a stewpan, and stir over the fire until the gelatine is dissolved. Separate the whites and yolks of the eggs, whisk the former to a stiff froth, beat the latter slightly and add them, with the sugar, to the contents of the stewpan. Stir by the side of the fire until the sugar is dissolved and the yolks of egg sufficiently cooked, but if allowed to boil it may curdle. Mix in, off the fire and as lightly as possible, the whites of eggs, turn into a mould rinsed with cold water, and when firm unmould and serve. A more solid variety may be made by beating both yolks and whites together.

TIME.—About ½ an hour.

IRISH MOSS JELLY.

INGREDIENTS.—½ oz. of Irish moss, 1 pint of water, ½ glass of sherry (optional), 1 dessertspoonful of lemon-juice, sugar to taste.

METHOD.—Wash the moss thoroughly, and soak it in cold water for about 12 hours. Strain, put it into a stewpan with 1 pint of water, and simmer gently for about 5 hours, adding more water as evaporation occurs so as to keep the quantity of liquid to one pint. Strain, sweeten to taste, add the lemon-juice and sherry (if used), and turn into a mould previously rinsed with cold water. Irish moss possesses medicinal properties, but the flavour is somewhat unpalatable, hence the necessity of disguising it with sherry, lemon-juice, or other flavouring ingredients.

TIME.—About 17 hours.

MILK JELLY.

INGREDIENTS.—1 pint of milk, 1½ oz. of loaf or castor sugar, ½ oz. of sheet gelatine, the thinly-cut rind of ½ a lemon.

METHOD.—Infuse the lemon-rind in the milk for about 20 minutes, then add the sugar and gelatine, stir until the latter is dissolved, and take out the lemon-rind. Turn the preparation into a basin, and stir from time to time until it attains the consistency of thick cream. Have ready 1 large mould, or small moulds, rinsed with cold water, pour in the mixture, and place in a cold place until set.

TIME.—From 2 to 3 hours.

PEPTONIZED BEEF TEA JELLY.

INGREDIENTS.—½ pint of peptonized beef tea, ½ oz. of sheet gelatine.

METHOD.—Make the beef tea as directed in recipe for Peptonized Beef Tea, then strain and bring to boiling point. Soften the gelatine in a little cold water, add it to the beef tea, and stir until dissolved. Strain into a mould previously rinsed with cold water, and keep in a cold place until set.

TIME.—About 2 hours.

RICE JELLY.

INGREDIENTS.—2 oz. of rice, 1 quart of boiling water, 1 inch of cinnamon, sugar to taste.

METHOD.—Pick and wash the rice, put it into the boiling water with the cinnamon, and boil gently for about ¾ of an hour, or until the water becomes thick and starchy. Strain, sweeten to taste, and pour into small moulds rinsed with water. Turn out when firm.

TIME.—About 2 or 3 hours.

PUDDINGS, ETC.

ARROWROOT SOUFFLÉ.

INGREDIENTS.—1 oz. of arrowroot, ½ an oz. of sugar, 2 eggs, ½ a pint of milk, vanilla or other flavouring, salt.

METHOD.—Mix the arrowroot smoothly with a little cold milk, boil up the remainder, and pour it over the arrowroot, stirring briskly meanwhile. Return to the saucepan, add the sugar, a few drops of vanilla essence and a pinch of salt, and stir and cook over the fire until the mixture leaves the sides of the saucepan. Cool slightly, beat each yolk in separately, and stir in as lightly as possible the whites of eggs previously stiffly whisked. Pour the preparation into a greased pie-dish, and bake gently from 20 to 25 minutes.

TIME.—From 30 to 35 minutes. SUFFICIENT for 2 persons.

BARLEY CUSTARD PUDDING.

INGREDIENTS.—1 oz. of patent barley, ½ oz. of butter, 1 teaspoonful of castor sugar, 1 large egg, ½ a pint of milk, salt, nutmeg.

METHOD.—Mix the barley smoothly with a little cold milk, boil up the remainder, and pour it over the barley, stirring meanwhile. Add the butter, sugar, and a pinch of salt, replace in the stewpan, and stir the mixture until it boils. Cool slightly, beat in the yolk of egg, and lastly add the white of egg previously stiffly whisked. Turn into a greased pie-dish, grate a little nutmeg on the top, and bake gently for about 10 minutes.

TIME.—About 20 minutes. SUFFICIENT for 1 or 2 persons.

CUSTARD MOULD.

INGREDIENTS.—3 eggs, 1 oz. of castor sugar, ½ of an oz. of gelatine, 1 pint of milk, vanilla pod, bay-leaf or other flavouring.

METHOD.—Boil the flavouring ingredient in the milk, and infuse for about 20 minutes. Beat the eggs lightly, pour over them the hot, but not boiling, milk, stirring well meanwhile, and add the sugar. Return to the stewpan, cook by the side of the fire until the eggs thicken, but do not let them boil, then pour the preparation on to the gelatine in a basin. Stir until dissolved, then turn into a mould or dariole moulds rinsed with cold water. When firm turn out, and serve with wine sauce or fruit syrup.

TIME.—About ½ an hour.

CUSTARD, SAVOURY.

INGREDIENTS.—1 egg, salt, pepper, 1 teaspoonful of concentrated food extract, 1 gill of warm milk.

METHOD.—Beat up the egg in a basin, add a little salt and pepper to taste. Dissolve the concentrated food extract in the milk and pour it over the egg, mix well and strain into a greased mould or small pie-dish. Bake in a moderately hot oven in a tin of water for about ¾ of an hour, or cover with a greased paper and steam slowly for about an hour.

TIME.—About 1 hour. SUFFICIENT for 1 or 2 persons.

SEMOLINA CREAM.

INGREDIENTS.—1 oz. of semolina, 1½ pints of milk, ½ oz. of gelatine, sugar and flavouring to taste.

METHOD.—Soak the semolina in a ¼ pint of milk for about 1 hour, then put it into a stewpan with another ½ pint of milk, and simmer gently for about ¼ an hour. Boil the remaining ½ pint of milk, pour it over the gelatine, and stir until it is dissolved. Mix this with the semolina, sweeten and flavour to taste, stir until the cream is beginning to set, and pour into a wet mould. Turn out when set.

TIME.—About 2 hours.

BEVERAGES.

Tea.—The most popular non-alcoholic beverage is tea, now considered almost a necessary of life. About 90 per cent. of the tea annually consumed in Great Britain is imported from Assam and Ceylon. Apart from the delicate flavour of China and Darjeeling teas, they are generally considered almost, if not quite, harmless to the digestion, when properly made, and imbibed in moderation; but the more highly-flavoured teas of India and Ceylon are, generally speaking, less expensive. A high-priced tea is not necessarily dear, for some tea is heavy and some light, so that a teaspoonful does not bear the same ratio to every pound, nor produce the same strength of infusion. The best tea generally produces a pale-coloured infusion, and the depth of colour is not an invariable sign of strength. Freshly infused tea is harmless to a normal digestion; continued infusion extracts the "tannin," a bitter substance with a decided and often baneful effect upon the digestive organs.

Coffee.—In the course of two centuries, this berry, unknown originally as an article of food, except to some savage tribes in the confines of Abyssinia, has made its way through the whole of the civilized world.

Coffee should be roast and ground just before it is used, and more should not be ground at a time than is wanted for immediate use, or if it be necessary to grind more, it should be kept closed from the air. Coffee readily imbibes exhalations from other substances, and thus often acquires a bad flavour; brown sugar placed near it will communicate a disagreeable aroma.

The use of chicory with coffee was originally a Dutch practice, and only became known in other countries in the beginning of last century.

Cocoa, which, unlike tea and coffee, is a nourishing food as well as drink, is an article for which the demand is fast growing larger. It is prepared from the seeds of a tree grown in America, Asia, and Africa. The nut is roasted and the husk removed, and the kernel, roughly ground, is sold as cocoa nibs, the only pure form. Prepared cocoa is the kernel ground with some starchy matter and sugar, which thicken the water or milk in which it is made as a beverage and render it more pleasant to taste than that made with the nibs. Chocolate is prepared from the finest cocoa beans, ground, sweetened and flavoured, and may be considered, if of the best quality, one of the most nourishing and pleasant drinks.

Wine.—Wine of every description should be stored in a cool dry place. Champagne and similar wines should be served cold. In hot weather the bottles should be

laid on crushed ice and covered with a wet flannel for an hour or more before being served. Claret and Burgundy, on the contrary, should be drunk nearly milk-warm, and the temperature can be raised by keeping the wine near the fire for a time, or more speedily by standing the bottles in a vessel of hot water, renewing the water when necessary. Port wine, if exposed to a low temperature, will acquire a harsh, thin, acid flavour, which temporarily deprives it of its characteristic qualities.

The following table gives the correct temperatures at which various wines should be served :—

	Deg. Fahr.
Champagne	35
Sherry	40
Marsala	40
Chablis and other wines of this class	45
Sauterne and other wines of this class	50
Port	55
Madeira and claret	65
Burgundy	70

TEA, COFFEE, ETC.

CHOCOLATE (To Make).

To ½ oz. of plain chocolate allow ½ pint of water and ½ pint of milk. Make the milk and water hot, break the chocolate into small pieces, add it and stir until quite dissolved. Bring to boiling point, then strain, and serve with sugar.

COCOA (To Prepare).

To 1½ teaspoonfuls of prepared cocoa, allow ½ pint of milk, ½ pint of water. Mix the cocoa smoothly with a little cold water, boil the remainder of the water and the milk, and pour these on to the blended cocoa, stirring well meanwhile.

COFFEE (Black).

To ½ pint of water allow 1 heaped tablespoonful of coffee. Prepare in the ordinary way, and strain free from grounds. Black coffee is generally taken without sugar.

COFFEE (To Make).

Allow 1 good tablespoonful of freshly-ground coffee to each ½ pint of water. Place the coffee in the coffee chamber of a cafétière, and pour the boiling water through the distributor on to the coffee. When the boiling water has percolated through the fine strainer with which the coffee-pot is provided, and has been allowed to stand for a few minutes, it will be found to be quite clear and ready to serve. Coffee may be allowed just to come to the boil, but boiling it, even for a short time, quite destroys its flavour and aroma.

TEA (To Make).

In order to make good tea it is necessary that the water should be quite boiling, but it must on no account be water that has boiled for some time, or been previously boiled, cooled, and then reboiled. It is a good plan to empty the kettle and refill it with fresh cold water, and make the tea the moment it reaches boiling-point. When water is very hard a tiny pinch of bicarbonate of soda may be put into the teapot with the tea, but it must be used very sparingly, otherwise it may impart a very unpleasant taste to the beverage. Tea is better made in an earthen than a metal pot. One good teaspoonful of tea will be found sufficient for 2 small cups, if made with boiling water and allowed to stand 3 or 4 minutes; longer than this it should never be allowed to stand.

SUMMER AND WINTER DRINKS.

SUMMER DRINKS.

APPLE WATER.

INGREDIENTS.—6 fresh or preserved apples, 1 oz. of castor sugar, 1 quart of boiling water.

METHOD.—If fresh apples are used, peel and core them first. Place the apples in a jug, with a teacupful of the juice and the sugar, add the boiling water, and cover closely. The washed rinds of apples may also be used instead of the apples. Strain and serve cold.

LEMONADE.

INGREDIENTS.—½ pint of cold water, the juice of 1 lemon, ¼ of a teaspoonful of bicarbonate of soda, castor sugar to taste.

METHOD.—Strain the lemon-juice into the water, sweeten to taste, then stir in the bicarbonate of soda and drink while the mixture is in an effervescing state.

ORANGEADE.

INGREDIENTS.—The juice of 5 oranges, the rind of 1 orange, 1½ pints of water, ½ lb. of loaf sugar, crushed ice.

METHOD.—Remove the peel of 1 orange as thinly as possible, add it and the sugar to ½ of a pint of water, then simmer gently for about 20 minutes. Strain the orange-juice into a glass jug, and add the remaining 1 pint water. As soon as the syrup is quite cold strain it into a jug, add a handful of crushed ice, and serve at once.

SHANDY GAFF.

INGREDIENTS.—Equal quantities of good ale and ginger beer, with a dash of liqueur, if liked, ice.

METHOD.—Empty the bottles into a jug in which some lumps of ice have been broken, add the liqueur and serve when cold.

WINTER DRINKS.

MULLED ALE.

INGREDIENTS.—1 quart of good ale, 1 glass of rum or brandy, 1 tablespoonful of castor sugar, a pinch of ground cloves, a pinch of grated nutmeg, a good pinch of ground ginger.

METHOD.—Put the ale, sugar, cloves, nutmeg, and ginger into an ale warmer or stewpan, and bring nearly to boiling point. Add the brandy and more sugar and flavouring if necessary, and serve at once.

MULLED CLARET.

INGREDIENTS.—1 pint of claret, ½ pint of boiling water, sugar, nutmeg and cinnamon to taste.

METHOD.—Heat the claret nearly to boiling point, add the boiling water, sugar, nutmeg, and cinnamon to taste, and serve hot. Any kind of wine may be mulled, but port and claret are those usually selected.

NEGUS.

See **Mulled Claret.**

PUNCH.

INGREDIENTS.—1 quart of very old ale, 1 pint of boiling water, ½ pint of rum, ½ pint of whisky, ½ pint of gin, 1 lemon, thinly sliced, sugar to taste, a pinch of ground cinnamon, a pinch of ground cloves, a pinch of grated nutmeg.

METHOD.—Put all these ingredients into a large stewpan, and bring nearly to boiling point. Strain into a punch bowl, add a few fresh thin slices of lemon, and serve.

CUPS.

CLARET CUP.

INGREDIENTS.—1 bottle of claret, 1 bottle of soda-water, 2 glasses of Curaçoa, 1 dessertspoonful of castor sugar, or to taste, a few thin strips of lemon-rind, a few thin strips of cucumber-rind.

METHOD.—Put the claret into a glass jug, add the lemon-rind and the cucumber-rind, cover, and let the jug stand embedded in ice for about 1 hour. Before serving, add the Curaçoa, and the soda-water, and sweeten to taste.

HOCK CUP.

INGREDIENTS.—1 bottle of hock, 1 liqueur glass of old brandy, ½ a liqueur glass of Curaçoa or Benedictine, 2 bottles of seltzer or soda-water, a few strips of lemon-peel, a little borage.

METHOD.—Stand the wine, seltzer or soda-water in a deep vessel, surround them with rough ice and let them remain for about an hour. Have the rest of the ingredients ready, in a glass jug, pour in the wine, add the mineral water, and serve at once.

HOME-MADE WINES.

APPLE WINE.

INGREDIENTS.—5 gallons of good cider, 10 lb. of loaf sugar.

METHOD.—Put the cider into a cask it will about three-quarters fill, add the sugar and stir occasionally with a piece of wood or cane until the sugar is quite dissolved; at the end of 48 hours put in the bung, and place a small vent peg near the top of the cask. Allow the cask to remain for 12 months in a cool dry place, and then use.

BLACKBERRY SYRUP.

INGREDIENTS.—To each lb. of fruit allow 1 lb. of loaf or preserving sugar, and 1 tablespoonful of cold water, brandy.

METHOD.—Place the fruit, sugar and water in a large jar with a close-fitting cover, stand the jar in a saucepan of boiling water, and cook gently for about 2 hours. Strain the juice, measure it, put it into a preserving-pan or stewpan (preferably an enamelled one), and boil gently for about 20 minutes, skimming carefully meanwhile. To each pint of syrup add a small glass of brandy, let it become quite cold, then bottle for use.

COWSLIP WINE.

INGREDIENTS.—4 quarts of cowslip flowers, 4 quarts of water, 3 lb. of loaf sugar, the finely-grated rind and juice of 1 orange and 1 lemon, 2 tablespoonfuls of brewers' yeast, or ½ of an oz. of compressed yeast moistened with water, ½ of a pint of brandy, if liked.

METHOD.—Boil the sugar and water together for about ½ an hour, skimming when necessary, and pour, quite boiling, over the rinds and strained juice of the orange and lemon. Let it cool, then stir in the yeast and cowslip flowers, cover with a cloth, and allow it to remain undisturbed for 48 hours. Turn the whole into a clean dry cask, add the brandy, bung closely, let it remain thus for 8 weeks, then draw it off into bottles. Cork securely, store in a cool, dry place for 3 or 4 weeks, and then use.

CURRANT WINE (Black).

INGREDIENTS.—Ripe black currants. To each pint of juice obtained add 1 pint of cold water, 1 lb. of preserving sugar, and a good glass of French brandy.

METHOD.—Take away the stalks, put the currants into an earthenware bowl, bruise well with a wooden spoon, then drain off the juice and put it aside. Add the water to the berries, stir them frequently for 2 or 3 hours, then strain the liquid and mix it with the juice. Add the sugar, and as soon as it is dissolved turn the whole into a cask. When fermentation has ceased rack off the liquid into a smaller cask, add the brandy, bung closely, and let it remain for at least 12 months in a warm place. At the end of this time drain the wine off carefully into dry bottles, cork them tightly, and store in a dry, moderately warm place.

DAMSON WINE.

INGREDIENTS.—To each gallon of damsons add 1 gallon of boiling water; to each gallon of liquor obtained from these add 4 lb. of loaf sugar, and ½ pint of French brandy.

METHOD.—Remove the stalks, put the fruit into an earthenware bowl, pour in the boiling water, and cover with a cloth. Stir the liquid three or four times daily for 4 days, then add the sugar and brandy, and, when the former is dissolved, turn the whole into a clean, dry cask. Cover the bunghole with a cloth, folded into several thicknesses, until fermentation ceases, then bung tightly, and allow the cask to remain undisturbed for 12 months in a moderately warm place. At the end of this time it should be racked off into bottles. The wine may be used at once, but if well corked and stored in a dry place it may be kept for years.

ELDERBERRY WINE.

INGREDIENTS.—7 lb. of elderberries, 3 gallons of water. To each gallon of liquid thus obtained add 3 lb. of good loaf sugar, 1 lb. of raisins, ½ an oz. of ground ginger, 6 cloves, ¼ of a pint of brandy, ½ a teaspoonful of brewers' yeast.

METHOD.—Strip the berries from the stalks, pour the water, quite boiling, over them, let them stand for 24 hours, then bruise well and drain through a hair sieve or jelly-bag. Measure the juice obtained, put it into a preserving-pan with sugar, raisins, ginger, and cloves in above-stated proportions, boil gently for about 1 hour, and skim when necessary. Let the liquid stand until milk-warm, then stir in the yeast, and turn the whole into a clean, dry cask. Cover the bunghole with a folded cloth, let the cask remain undisturbed for 14 days, then stir in the brandy and bung tightly. In about 6 months the wine may be drawn off into bottles, tightly corked, and stored for use.

GINGER-BEER.

INGREDIENTS.—5 quarts of boiling water, 1½ lb. of sugar, 1 oz. of whole ginger bruised, 2 lemons, ½ oz. of cream of tartar, 1 good tablespoonful of brewers' yeast.

METHOD.—Remove the rinds of the lemons as thinly as possible, strip off every particle of white pith, cut the lemons into thin slices, removing the pips. Put the sliced lemon into an earthenware bowl with the sugar, ginger, and cream of tartar, and pour in the boiling water. Allow it to stand until milk-warm, then stir in the yeast and let the bowl remain in a moderately warm place for 24 hours. Skim the yeast off the top, strain the ginger-beer carefully from the sediment, bottle, tie the corks down securely, and in 2 days it will be ready for use.

GINGER WINE.

INGREDIENTS.—3 gallons of cold water, 9 lb. of loaf sugar, ½ lb. of whole ginger bruised, ½ lb. of raisins, the strained juice and finely-pared rinds of 4 lemons, a good tablespoonful of brewers' yeast.

METHOD.—Stone and halve the raisins, put them into a large

preserving pan, or perfectly clean copper, with the water, sugar, and ginger, bruised; boil for about 1 hour, skimming frequently. Turn the whole into a large earthenware bowl or wooden tub, allow the liquid to stand until milk-warm, then stir in the yeast. On the following day put the preparation into a clean, dry cask, add the lemon-juice, and bung lightly. Stir the wine every day for a fortnight, then tighten the bung. Let the wine remain undisturbed for 3 or 4 months, when it may be bottled for use.

MEAD.

INGREDIENTS.—3 lb. of honey, 4 quarts of water, ½ pint of brewers' yeast.

METHOD.—Dissolve the honey in the water, bring it slowly to the boil, and simmer gently until reduced to 3 quarts, skimming when necessary. Then turn it into an earthenware bowl or wooden tub, and when cool stir in the yeast, and let it remain covered for 3 days. At the end of this time strain the liquid into a cask, bung loosely until fermentation subsides, then tighten the bung and allow the cask to remain undisturbed for 12 months before racking the mead into bottles.

RAISIN WINE.

INGREDIENTS.—To each lb. of raisins allow 1 gallon of cold water, 2 lb. of good preserving sugar, 1 tablespoonful of yeast.

METHOD.—Strip the raisins from the stalk, put them into a large boiler or clean copper with the water, simmer gently for about 1 hour, then rub them through a sieve. Dissolve the sugar in the liquid, and add the raisin-pulp and the yeast, let the vessel stand covered for 3 days, then strain the liquid into a cask. Bung loosely until fermentation ceases, then tighten the bung, and allow the cask to stand for at least 12 months before racking the wine off into bottles.

RASPBERRY WINE.

INGREDIENTS.—3 quarts of ripe raspberries, 3 quarts of water, loaf sugar.

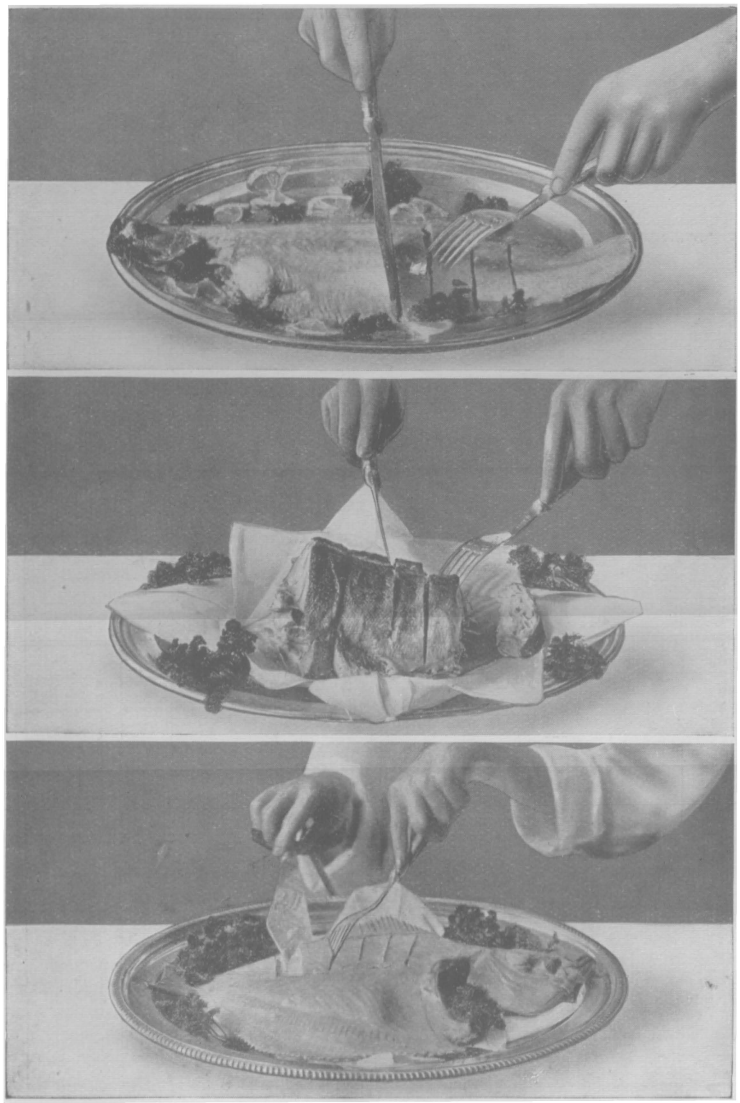
METHOD.—Put the raspberries into an earthenware or wooden vessel, bruise them well with a heavy wooden spoon, and pour over them the cold water. Let them stand until the following day, stirring them frequently, then strain the liquid through a jelly-bag or fine hair sieve, and drain the fruit thoroughly, but avoid squeezing it. Measure the liquid; to each quart add 1 lb. of sugar; stir occasionally until dissolved, then turn the whole into a cask. Bung loosely for several days, until fermentation ceases, then tighten the bung, let it remain thus for 3 months, and bottle for use.

RHUBARB WINE.

INGREDIENTS.—10 lb. of rhubarb, 2 gallons of cold water; to each gallon of liquid thus obtained add 3 lb. of either loaf or good preserving sugar, and the juice and very thinly-pared rind of 1 lemon. To the whole add ½ oz. of isinglass.

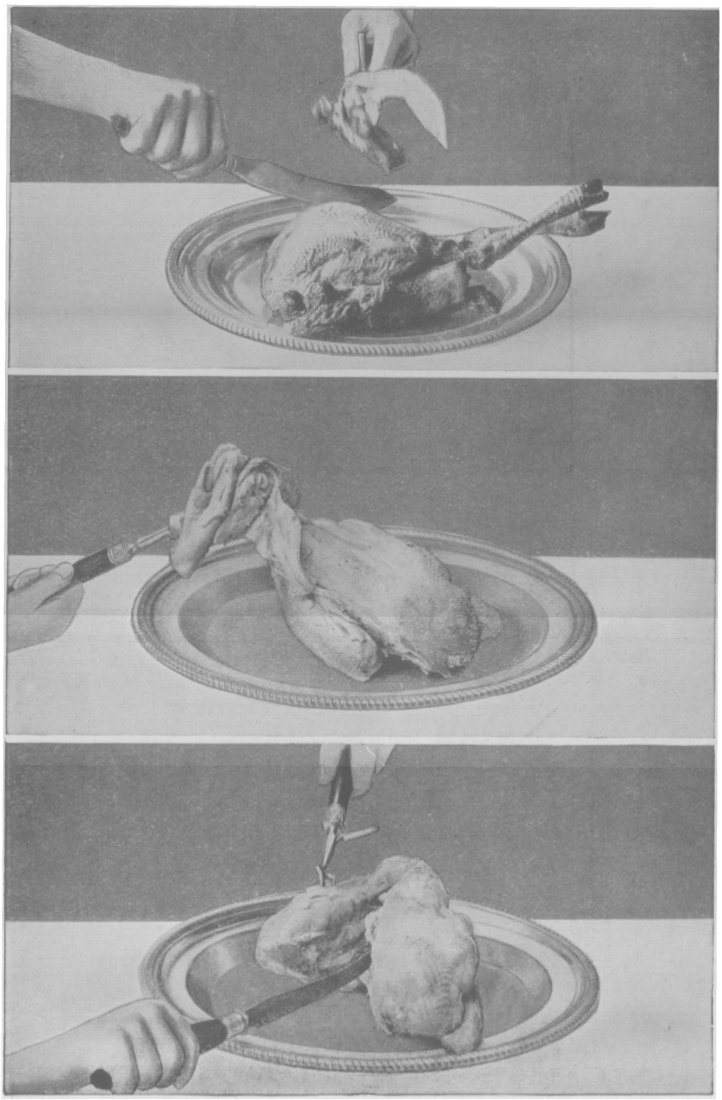
METHOD.—Wipe the rhubarb with a damp cloth, and cut it into short lengths, leaving on the peel. Put it into an earthenware or wooden vessel, crush it thoroughly with a wooden mallet or heavy potato-masher, and pour over it the water. Let it remain covered for 10 days, stirring it daily; then strain the liquor into another vessel, add the sugar, lemon-juice, and rind and stir occasionally until the sugar is dissolved. Now put it into a cask, and add the isinglass previously dissolved in a little warm water; cover the bunghole with a folded cloth for 10 days, then bung securely and allow it to remain undisturbed for 12 months. At the end of this time rack off into bottles, and use.

CARVING: No. 3



1. Sole. 2. Cod. 3. Plaice.

CARVING: No. 4



1. Roast Fowl. 2. Boiled Fowl. 3. Boiled Fowl.

CARVING.

In the succeeding pages will be found full directions for carving fish, meat, poultry and game, and accompanying illustrations to help out the instructions. A careful study of the same will prevent anyone from making any grave error: but at the same time, as practice alone makes perfect, all opportunities of carving should be taken advantage of, and carvers should be watched.

When carving a slice of meat, after the first incision has been made, the angle at which the knife is held must never be altered, or a jagged slice will be obtained. When the way to control the knife has been mastered, the keystone to good carving has been acquired.

The cut should be direct, sharp and incisive. A saw-like action should never be used.

Generally speaking, the knife should be held firmly, but it cuts best when applied lightly, and less gravy is squeezed from the meat when the pressure is slight. By using the point of the knife lightly as a wedge, and the fork as a lever, even a big turkey or goose may be easily jointed, provided the carver is aware exactly how the joint is situated and held together. Every assistance should be given the carver by providing him with a thin sharp-bladed knife of suitable size, and by serving whatever is to be carved on a dish large enough to allow the joint or bird to be turned to the most convenient position for the purpose. The dish should also afford space for carved portions, for an expert carver will, with a few strokes of the knife, disjoint a bird, and usually prefers to do so before beginning to serve any part of it. Carving is always more easily and pleasantly performed when the dish contains neither gravy nor garnish.

A steel knife and fork should never be used for fish, because contact with this metal is apt to spoil its flavour, and a silver or plated slice and fork should be provided for carving and serving. When serving fish be careful not to break the flakes, which ought to be served as entire as possible, though short-grained fish, such as salmon, should be cut lengthwise.

The carving of loins and necks of either veal, mutton, or lamb must in some measure be determined by the size of the joints, but if the butcher has separated the chine bone into narrow divisions, the carver should have no difficulty in cutting suitable portions. He can then cut between the bones, and each bone with meat attached should be of a convenient size for serving.

Some joints, such as the undercut of a sirloin of beef, or the knuckle end of a leg of mutton, are best when eaten hot; others are equally good either hot or cold, but sometimes by using only one particular part the joint may present a better appearance when served cold. Thus, if the under side of either a shoulder or leg of mutton is cut without encroaching on the upper surface, when the joint is turned over it will have almost the appear-

ance of an uncut one. Moreover, multiplied cut surfaces provide means of escape for the juices of the meat, and as a natural consequence leave a dry and flavourless cold joint. Meat should always be cut across the grain, the one exception to the rule being the saddle of mutton, which is nearly always carved at right angles to the rib bones, in slices running parallel with the fibres or grain of the meat. When the joint or bird is stuffed a little of the forcemeat should be served with each portion, and the same rule applies to the watercress used to garnish birds and the toast upon which many small birds are dished.

Ham and beef should be carved into very thin slices, and mutton and pork into fairly thick ones.

To Sharpen the Carving Knife.—Hold the steel in the left hand, which should be on a level with the elbow, pointing the steel towards the right shoulder, and hold the knife almost perpendicularly in the right hand. Place the hilt of the knife's edge at the top of the steel, and draw the blade downwards the whole length of both steel and knife, first on one side and then on the other—i.e., so that the point of the knife finishes at the hilt of the steel. The blade should be almost flat on the steel, with the back slightly raised, only the edge touching it.

TO CARVE FISH.

Brill and John Dory.—These are carved in the same manner as a turbot. The fillet near the head of a John Dory is the best part.

Cod (*Illustration No.* 3, *Fig.* 2).—Cut in fairly thick slices through to the centre bone and detach just above it. Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed. The sound, which lines the fish beneath the back bone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

Crab, To Dress.—Place the crab upon its back, and insert the fingers between the shell and the fish. Using the thumbs as levers, push the body away from the shell. Break off the claws, remove the poisonous "fingers" from the body of the fish, cut away the sides of the "back" shell, and dress the crab in this part, without disturbing the contents. The "fingers" usually adhere to the belly of the crab. When cutting away the sides of the shell, run the knife along the joint line, which is easily discernible.

Eel and all Flat Fish.—The thick part is the best.

Lobster, To Dress.—Insert the knife at the centre of the back and cut through towards the tail. Then turn the lobster round and cut through towards the nose. Now remove the "brains." These are usually of a greenish colour and are found on either side of the lobster's head. Crack the claws with a hammer and arrange the fish on a dish, garnishing with fresh parsley. The tail is the prime part.

Mackerel.—First cut along the backbone of the fish. Then insert the fish-knife at this part and cut through, separating the upper half of the fish, which may be divided; when the fish is of moderate size serve for two helpings only. Next remove the backbone, tail and head, and divide the lower half.

Plaice (*Illustration No.* 3, *Fig.* 3).—First run the knife down the centre of the fish. Then cut downwards (only through to the bone) and remove portions in the manner shown in the illustration. Next take away the backbone and head

of the fish, and treat the lower half the same way.

Salmon.—First run the knife down the centre of the back and along the whole length of the fish. Then cut downwards from the backbone to the middle of the fish, cut through the centre and remove the piece from the back. Next cut the lower part of the fish in the same manner.

A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish.

Sole, Boiled or Fried (*Illustration No.* 3, *Fig.* 1).—The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. The guests should be asked which part they prefer. The head should be cut off—not laid on a guest's plate.

Turbot.—First run the fish-slice down the thickest part of the fish, quite through to the bone, and then cut slices towards the sides of the fish and upwards, When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, and the under side helped as the upper. The thick parts of the middle of the back are the best slices in a turbot; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels.

Whiting, Haddock, etc.—Whiting, pike, haddock and similar fish, when of sufficiently large size, may be carved in slices from each side of the backbone in the same manner as salmon, each fish serving for four or more slices. When small, they may be cut through, bone and all, and helped in nice pieces. A small whiting is served whole.

TO CARVE BEEF.

Aitchbone of Beef.—A very simple joint to carve. Cut nice thin slices off the top side as "Round of Beef." As with the latter joint, it may sometimes be desirable to cut a thick slice off at first.

Beef Tongue.—Cut nearly through across the tongue at the thick part and then serve a fairly thick slice. The carving may be continued in this way towards the point until the best portions of the upper side are served. The fat lies about the root of the tongue, and can be served by turning the tongue over.

Ribs of Beef.—The mode of carving is similar to that of the upper cut of the sirloin, viz., cut in slices off the sides, starting at the thick end and through to the other, as shown in Carving Illustration No. 1, Fig. 1. This joint will be the more easily cut if before commencing to carve it into slices the knife is inserted immediately between the bone and the meat.

Round of Beef (*Illustration No.* 1, *Fig.* 3).—Off the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth; then thin and even slices should be carved as shown in the illustration.

Sirloin of Beef (*Illustration No.* 1, *Figs.* 1 *and* 2).—This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost (*see* Fig. 2). The reverse way, as shown in the first illustration, is that most usually adopted. Still, the undercut is one of the primest parts of beef, and is best eaten when hot; consequently the carver himself may raise the joint, and cut some fairly thick slices out of the inner side, in the manner shown in Fig. 2. The upper part of the sirloin should be cut in the direction

that the knife is travelling in Fig. 1, and care should be taken to carve it evenly and in thin slices. In carving this joint, the knife should be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint.

TO CARVE VEAL.

Breast of Veal.—The breast of veal consists of two parts—the rib-bones and the gristly brisket. These two parts should first be separated by sharply passing the knife through the centre of the joint; when they are entirely divided, the rib-bones should each be detached separately and served. The brisket can be helped by cutting pieces from the centre part of the joint. The carver should ask the guests whether they prefer brisket or ribs.

Knuckle of Veal.—This is carved in the same manner as leg of mutton. (*See Illustration No. 2, Fig. 1*, which sufficiently indicates the direction which should be given to the knife.) The best slices are those from the thickest part.

Loin of Veal.—As is the case with a loin of mutton, the careful jointing of a loin of veal is more than half the battle in carving it. The butcher should be warned to attend carefully to this, for there is nothing more annoying or irritating to an inexperienced carver than to be obliged to turn his knife in all directions to find the exact place where it should be inserted in order to divide the bones. When jointing is properly performed, there is little difficulty in carrying the knife across and separating each chop.

TO CARVE MUTTON AND LAMB.

Fore-quarter of Lamb.—In carving a fore-quarter of lamb, the separation of the shoulder from the breast is the first point to be attended to. Its shape is easily seen and it can be cut away quite easily after a little practice. In dividing the shoulder and breast take care not to cut away too much of the meat from the latter— as that would rather spoil its appearance when the shoulder is removed. Unless the whole of the quarter is to be cut up, the shoulder should be transferred to another dish and put aside to be served cold. The joint is then ready to be served to the guests; cutlets are carved from the ribs, and the shoulder is carved in the usual manner.

Leg of Mutton (*Illustration No. 2, Fig. 1*).—The knife should be carried sharply down, and slices taken from either side, as the guests may desire, some liking the knuckle end as well done, and others preferring the more underdone part. The fat should be sought near the bottom corner of the thick end.

Loin of Mutton.—A loin of mutton should be thoroughly well jointed by the butcher. This task is frequently imperfectly performed; therefore it is advisable to examine the loin before cooking it, and carefully joint any part that has been neglected. The knife should be inserted in the thick side of the joint, and after feeling a way between the bones, it should be

carried sharply through, separating each chop in the same manner.

Saddle of Mutton.—The method adopted in carving this joint is contrary to the general rule of cutting meat, across the grain; in this case, the meat is carved across the ribs, in slices running parallel with the backbone and the fibres or grain of the meat. Each long slice should be cut across into two or three pieces, according to its length, and with each portion is usually served a small piece of fat cut from the bottom of the ribs where the joint rests on the dish.

Shoulder of Mutton (*Illustration No. 2, Figs. 2 and 3*).—The joint should be raised from the dish and as many slices cut away as can be taken in the manner shown in Fig. 2; afterwards the meat lying on either side of the bladebone should be served, by carving from the knuckle end. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer the underside of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side, and this is served in the manner shown in Fig. 3.

TO CARVE PORK.

Ham.—In cutting a ham, the carver must be guided according as he desires to practise economy or have, at once, fine slices out of the prime part. Under the first supposition he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham, slanting the knife from the thick part to the knuckle. To reach the choicer portion, the knife, which must be very sharp and thin, should be carried quite down to the bone, at the centre of the ham.

Leg of Pork.—This joint, which is such a favourite one with many people, is easy to carve. The knife should be carried sharply down to the bone, clean through the crackling, in exactly the same manner as that described for leg of mutton.

Loin of Pork.—As with a loin of mutton, it is essential a loin of pork should be properly jointed before cooking, and the crackling must be scored. These points being attended to, there is no difficulty in carving the joint, which is divided into neat and even chops.

Note.—The other dishes of pork do not call for any special remarks as to their carving or helping.

TO CARVE POULTRY.

Duck, Roast.—No dishes require so much knowledge and skill in carving as game and poultry, for it is necessary to be well acquainted with the anatomy of the bird and animal in order to place the knife at exactly the proper point. A young duck or duckling is carved in the same manner as a chicken. First remove the wings, then the breast should be cut off the bone in one slice, or several slices if very plump. The legs are next removed and divided at the joints, and the foot and the bone to which it is attached should be cut off before serving. When stuffing has been introduced, the skin should be cut across and the farce scooped out with a spoon. "The wings of a flyer and the legs

of a swimmer" are generally considered the best portions.

Fowl, Boiled (*Illustration No. 4, Figs 2 and 3*).—Though the legs of a boiled fowl are hidden beneath the skin, the method of carving is not affected, and the following directions may be applied to birds either roasted or boiled. The fork should be inserted firmly in the breast of the bird, and with a sharp knife a downward cut made between the thigh and the body, after which an outward turn of the blade of the knife usually detaches the leg sufficiently to allow the joint connecting it to the body to be easily severed. With the fork still inserted in the breast, the next step should be to remove the wings. In doing this a good carver will contrive by cutting widely, but not deeply, over the adjacent part of the breast, to give to the wing the desired shape without depriving the breast of much of its flesh. When carving a large fowl the breast may be sliced; otherwise it should be separated from the back by cutting through the rib bones, the only difficulty in carving this part being the small hinge-bones near the neck. The breast should be cut across in half, thus providing two portions, to which may be added, when a larger helping is desired, a slice off the thigh. Cut lengthwise into rather thin slices; the legs may be satisfactorily disposed of even when those to be served consist of persons to whom a whole leg could not be offered. To conclude the carving, the back should be turned over with the cut side to the dish, and if the knife be pressed firmly across the centre of it, and the neck raised at the same time with the fork, the back is easily dislocated about the middle. To remove the sockets of the thigh-joints (the side-bones to which is attached choice morsels of dark-coloured flesh) the tail part of the back must be stood on end, and held firmly by means of the fork, while the bones are cut off on either side. The more highly esteemed parts of a fowl are the breast, wings, and merrythought: the thigh may be served to a gentleman, but the drum sticks should be put aside, and used afterwards in some way that necessitates the flesh being minced. A fowl, when boned and stuffed, is usually cut across in slices.

Fowl, Roast (*Illustration No. 4, Fig. 1*).—Fowls, when roasted, are carved in exactly the same manner as when boiled, therefore the foregoing directions and illustrations render it unnecessary to describe the operation again. When the liver and gizzard have been trussed and cooked with the fowl, the wing to which the liver is attached may be regarded as the choice portion of the bird, and should be offered to the person entitled to the most consideration in this respect. When the fowl is stuffed, a little forcemeat should be served with each portion, but it is better to hand the gravy and bread sauce separately.

Goose, Roast.—The breast of a goose is the part most esteemed, therefore when the bird is larger than is necessary to meet the requirements of one meal, it frequently happens that the carving is confined solely to the breast. The carver should, however, consult the tastes of those he is serving with reference to choice of parts, for the leg is sometimes preferred. A large number of slices may be cut off the breast, and as the wing is the part least esteemed, the flesh of the upper part of it may with advantage be included in the slices cut from the breast. When onion farce has been employed it is advisable to ascertain if it be agreeable to the taste of the person for whom the portion of goose is intended, for so many dislike the farce itself, although they may like the flavour imparted to the bird by its use. The directions given for carving a boiled fowl may be applied here,

although greater force will most probably be required in detaching the various parts. When the goose is stuffed with onion farce it is nearly always accompanied with apple sauce and gravy, both of which should, when convenient, be handed separately.

Pigeon.—Carry the knife entirely through the centre of the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

Rabbits.—In carving a boiled rabbit the knife should be drawn on each side of the backbone, the whole length of the rabbit, thus separating the rabbit into three parts. Now divide the back into two equal parts, then let the leg be taken off, and next the shoulder.

A roast rabbit is trussed differently from one that is meant to be boiled; but the carving is nearly similar. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be detached in the same manner as those of the boiled animal.

Turkey Roast.—A small turkey may be carved in the same manner as a large fowl (*see* directions for carving the same); and no bird is more easily carved than a large turkey, for the breast alone may, when properly carved, be made to serve a large number of persons. If more meat is required than the breast provides, the upper part of the wing should be served. When it is necessary for the legs to be carved, they should be severed from the body and then cut into slices. The forcemeat in the crop of the bird should be carved across in thin slices, and when the body is stuffed, the apron should be cut across.

A boiled turkey is carved in the same manner as when roasted.

TO CARVE GAME.

Blackcock.—The method of carving blackcock is identical with that for boiled fowl. The breast and the thigh are the only parts esteemed; the latter may be cut lengthwise into thin slices, or served whole.

Grouse.—Grouse may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed, and this part of many game birds is considered to possess the finest flavour.

Hare, Roast.—Place the hare on the dish with the head at the left hand. Make an incision, and cut along the spinal bone from about the centre of the back to the end. Then cut through the side at the point where the incision was made, and then cut the portion away. Then cut off the hind leg in the way that the leg of a fowl is severed, and afterwards the foreleg or wing. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. Plenty of gravy should accompany each helping, otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure.

Stuffing is also served with it, and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies.

Partridges.—The usual method is to carry the knife sharply along the top of the breastbone and cut it quite through, thus dividing the bird into two equal parts. When smaller portions are desired the bird is sometimes divided into three parts. The legs and wings may be easily severed from the body in the manner described for boiled fowl, while the breast, if removed intact, will provide a third helping. Another easy and expeditious way of carving birds of this description is to cut them through the bone lengthwise and across, thus forming four portions. A piece of toast should accompany each portion; sometimes the fried breadcrumbs, bread sauce, and gravy are added by the carver, but it is better to hand them separately.

Pheasant.—The choice parts are the breast and wings. Carve in exactly the same manner as roast or boiled fowl.

Plovers.—May be carved like woodcock, being trussed and served in the same way.

Ptarmigan.—*See* GROUSE and PARTRIDGE.

Quails.—*See* WOODCOCK.

Snipe.—One of these small but delicious birds may be given whole to a gentleman, but in helping a lady it will be better to cut them quite through the centre, completely dividing them into equal and like portions, and put only one half on the plate.

Teal.—*See* WILD DUCK.

Venison, Haunch of.—An incision being made completely down to the bone, the gravy will then be able easily to flow, when slices, not too thick, should be cut along the haunch, the thick end of the joint having been turned towards the carver, so that he may have a more complete command over the joint. Each guest should be served with a portion of fat. Like mutton, venison soon begins to chill.

Wild Duck.—As game is almost universally served as a dainty, these dishes are not usually cut up entirely, but only those parts are served of each which are considered the best flavoured and the primest. Of wild fowl, the breast alone is considered by epicures worth eating, and slices are cut; if necessary, the leg and wing can be taken off by generally following the directions described for carving boiled fowl.

Woodcock.—This bird may be carved by cutting it exactly into two like portions, or made into three helpings, as described in carving partridge. The backbone is considered the tit-bit of a woodcock, and by many the thigh is also thought a great delicacy.

Landrail is carved in the same manner as snipe.

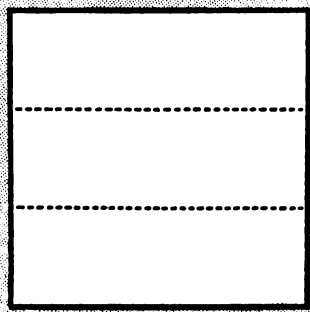
WAITING AT TABLE AND TABLE-NAPKINS.

WAITING AT TABLE.

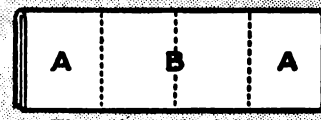
When the dinner is served on the table the maid must stand at the left-hand side of the carver, and remove the covers. As the soup comes first, a plateful is carried to each person, unless they signify they do not wish for any, and commences from the one on the right of the host. The sherry and claret then are handed round. At a large gathering the moment a person's plate is empty, or finished with, it must be quietly taken away, spoon and all, but when the party is only a small one, the plates are usually left until all have finished the course. In any case, the plates of the host and hostess are always left till last. At informal parties guests should be asked if they wish for a second helping, but not at formal gatherings. Never remove a dish which is being served until all have finished that course. The fish is carried round in the same manner as the soup, the attendant having in the left hand the sauceboat, or being followed by another servant carrying it. All plates are placed by the attendant at the left-hand side of the person being served, and removed from the right when used. Entrées are almost invariably handed even when the joints are carved upon the table. When the joint comes on, and the meat has been taken to the guests as before, the vegetables (which are usually placed upon the sideboard, and not on the table) are handed about, together with a sauceboat of gravy for fowls or birds. As soon as all have been served with the meat course the wines are again handed round. The meat course finished, the soiled plates are removed, and the sweet course, followed by the savoury, is brought in. Dinner over, the unused cutlery, the glass, cruets and carving cloth are removed and the crumbs are brushed away from the guests' left-hand side; the dessert-plates, finger bowls and port glasses are arranged upon the table; and after everything is in proper order, the port and a few dishes are handed round by the attendants, who then leave the room. In handing aerated waters, lemonade, etc., the attendant takes the small tray or salver in the left hand and, standing at the left side of the guest, who places his or her glass upon it to be filled, pours out the liquid with the right hand.

TABLE-NAPKINS.

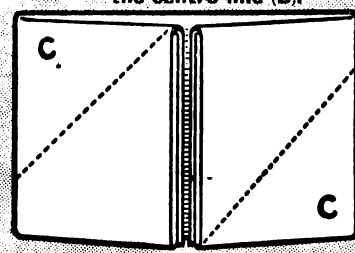
The custom of folding table-napkins otherwise than plainly is not now generally adopted. Even at elaborate luncheons and dinners the napkin is laid flat upon the plate, neatly folded, just as it left the hands of the laundress. The accompanying illustrations depict a few favourite designs that are easily manipulated when the napkins are slightly starched, smoothly ironed, and evenly folded.



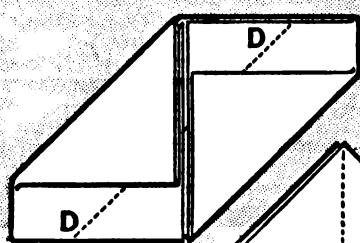
1.—Fold the Serviette into three.



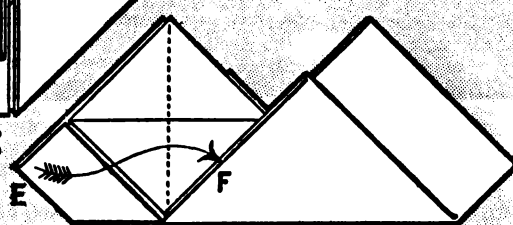
2.—Then the ends (A A) over to the centre line (B).



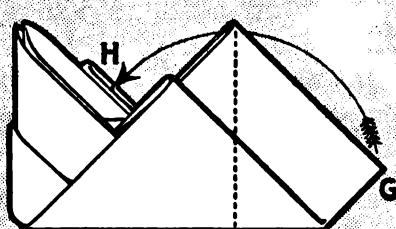
3.—Fold down the corners (C C) to the centre.



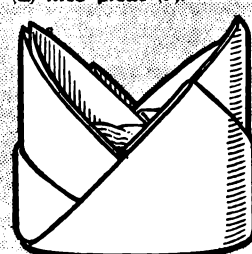
4.—Then fold the back across at the dotted line (D).



5.—Tuck the point (E) into pleat (F).

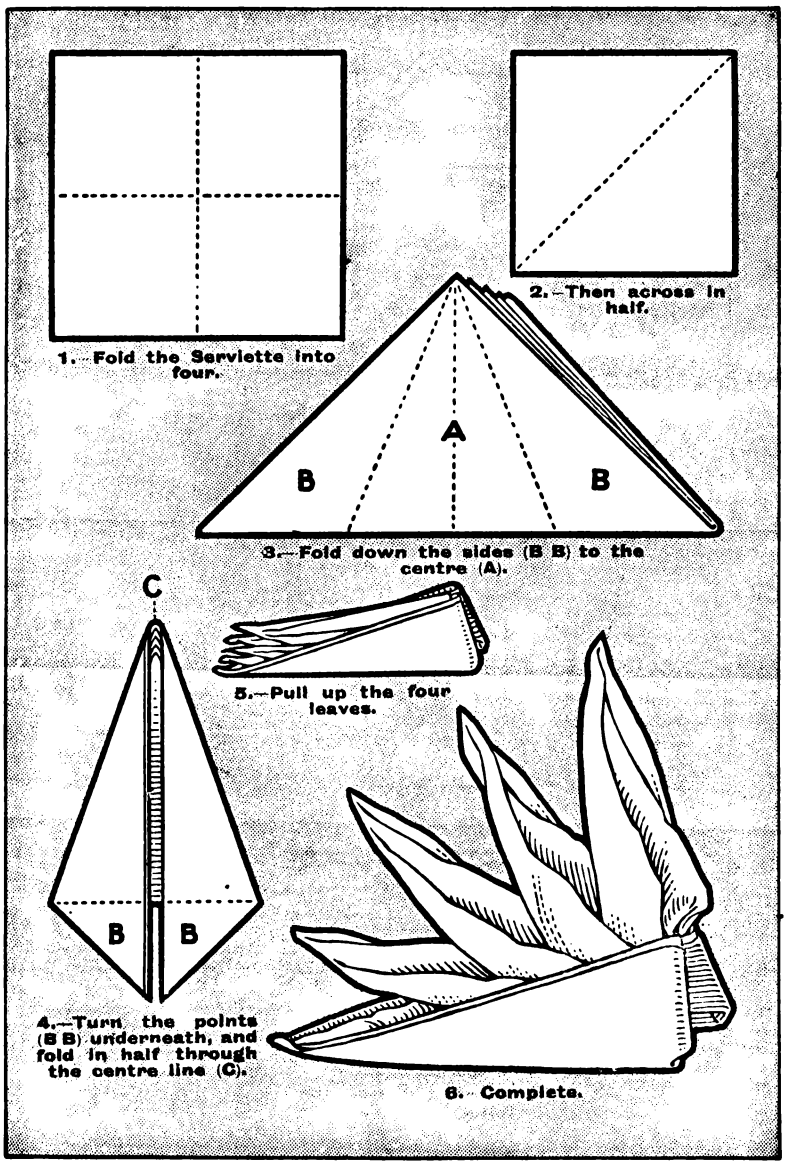


6.—And the other point (G) into the pleat on the reverse side (H).

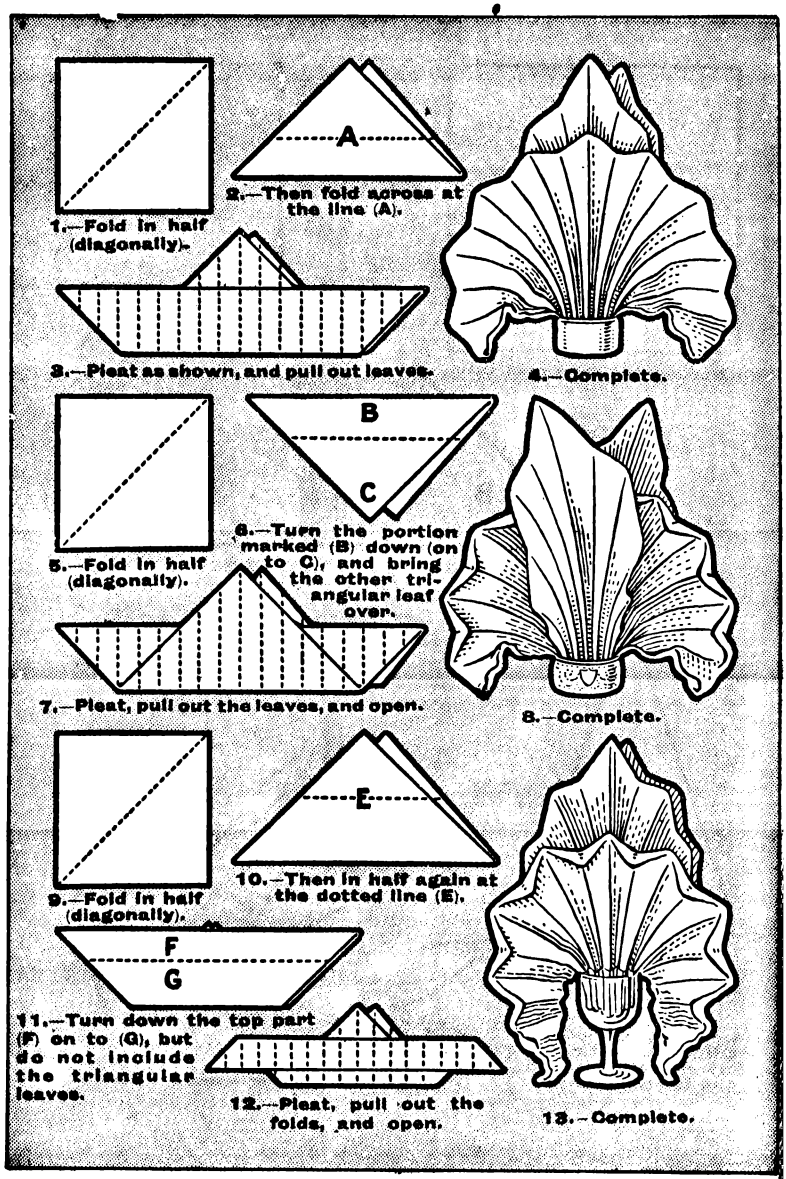


7.—Complete.

THE MITRE.



THE COCKSCOMB.


A
1.—Fold in half (diagonally).
2.—Then fold across at the line (A).
3.—Pleat as shown, and pull out leaves.
4.—Complete.
B
C
5.—Fold in half (diagonally).
6.—Turn the portion marked (B) down (on to C), and bring the other triangular leaf over.
7.—Pleat, pull out the leaves, and open.
8.—Complete.
E
9.—Fold in half (diagonally).
10.—Then in half again at the dotted line (E).
F
G
11.—Turn down the top part (F) on to (G), but do not include the triangular leaves.
12.—Pleat, pull out the folds, and open.
13.—Complete.

FLEUR-DE-LIS VARIETIES.

THE TABLE.

TABLE ARRANGEMENTS.

THERE are a few general rules which apply equally to mansion and cottage. However simple may be the meal, and however coarse in texture the cloth, it should be clean, free from creases, and arranged smoothly with the centre fold forming a true line the whole length of the table. The knives should be clean, bright and sharp, and the silver clean and well polished. When properly trained servants are kept, contrary conditions seldom exist; neither would they in small households, where the work devolves upon an inexperienced housemaid, if a few simple rules were strictly enforced, such as removing the crumbs and folding the cloth on the table, instead of allowing it to be shaken and folded outside the room; that after each meal all knives should be cleaned and made ready for use; and, what is still more important, that such articles as silver-plated dishes, spoons, etc., should be washed separately with soap and hot water, and well polished with a leather.

NAPERY.

Lace table-cloths, if placed over an under-slip which harmonizes with the colour of the floral decorations, may be very effective. Equal care should be taken to ensure that the dessert doilies are in keeping with the other table decorations.

If desired the table-cloth may be dispensed with, and small asbestos mats covered by dainty lace doilies are all that is required to protect the polished table from the heat of plates and dishes placed upon it. To be really effective the table must be kept highly polished, not always one of the easiest of matters, and the style of decoration must be most simple.

Where a table-cloth is used an asbestos-felt or baize undercloth cannot be too strongly recommended, for it enables the table-cloth to lie better, and it is more pleasant to the touch with some soft, thick substance beneath it.

TO LAY THE CLOTH.

Everything necessary for laying the cloth, including the napkins, should first be brought into the room, and it is a good plan to put the latter round the table first, so that the same amount of space can be allowed to each person.

These occupy the space between the knives and forks, and in each, if folded, should be put either a dinner-roll or a piece of bread cut rather thick.

A good rule is to allow 24 inches for each person's accommodation. Where the table is necessarily a little too large, a little more room does not matter.

Next place the menu cards, if these are used, either one to each person, or one between three or four, if only a few are provided.

The water-jugs, cruets and salt-cellars may next be laid. There should be a cruet, at any rate, at each corner of the table, while there should be a salt-cellar between every two persons. We now come to the knives and forks, and of these it is usual to lay a large one of each, the knife flanked to the right by a fish-knife, a soup-

spoon, and an *hors-d'œuvre* fork; on the left of the fork should be the fish-fork; other knives and forks are always supplied with the plates for the different courses.

The question of what wine is to be drunk at dinner will determine what glasses will be wanted.

TABLE DECORATION.

It should be borne in mind that table decorations are far more effective if they are simple and not too varied.

FLOWERS FOR DECORATION

should be those which are not very strongly scented. To some the perfume of such flowers in a heated room, especially during dinner, is considered very unpleasant. It is well to avoid many colours in one decoration, for, even if well grouped, they are seldom as effective as one or two mixed with white and green. It is a fashion to have a single colour for a dinner-table decoration, this being often chosen of the same tint as the hostess's dress or the hangings of the room, though these are sometimes varied to suit the flowers. Again, all white flowers are very often employed, relieved by plenty of foliage.

FLOATING FLOWER BOWLS.

These are wide shallow bowls of coloured glass or pottery, black Wedgwood being very effective. Only a little water is placed in the bowls, and the flowers, having had their stalks cut off quite short, are floated on the water. A brightly coloured china bird, dragon-fly or butterfly may be fastened to the edge of the bowl, and will greatly add to the effect. The flowers should not be crowded—just a few interspersed with green leaves, and in this scheme of decoration it is more than ever necessary to blend the colours carefully, in fact, it is perhaps safer to keep to one colour. Water-lilies, anemones, Christmas roses and such cup-shaped flowers are most suitable to this form of decoration.

As table-cloths are not always in evidence on dinner tables, one of these floating flower bowls resting on a dainty lace mat on a beautifully polished table, has a very pleasing effect.

ILLUMINATION.

A very effective table-centre is provided by an alabaster, crystal or coloured glass bowl or sphere, in which an electric light bulb is placed. The soft hues that will radiate from the bowl render little need for any but very scanty additional decorations.

Table-cloths may be "electrified" so that electric candelabra placed anywhere on the table may be illumined, and many novel and ingenious effects may thus be obtained.

Many hostesses, when giving a dinner-party, dispense with electric light or gas altogether, and simply rely on the mellow and subdued light of candles. The effect is very pleasing, but one word of warning—do not let the light be too dim, for very few people can enjoy a repast when they cannot see what they are eating! If the candle-shades are made to harmonize with the other table decorations, the effect will be greatly enhanced.

MEALS AND MENUS.

BREAKFAST.

THE English breakfast, even when taken at an early hour, is usually a substantial one, and rightly so, for a good meal, if enjoyed and digested, gives the support necessary for the morning's work. More variety might be introduced at breakfast without increasing the cost. The sameness of an ordinary English breakfast is too well-known for comment, and it is no unusual thing to hear of people having eggs and bacon *every* morning. No one would think of having the same dish for dinner even *half* the week, and it seems a most extraordinary thing that there are some who can always eat the same food at their first meal. But these contented creatures are in the minority; and it is of the majority we should think, who cannot eat with relish a dish that comes daily to table. Perhaps the chief thing against having many different dishes at breakfast in average houses is, that they involve a certain amount of time and trouble which it is hard to spare early in the day; so we put up with what can be had with no expenditure of imagination and the least amount of labour. We have no hesitation in saying that there would be a considerable diminution in the cost of breakfasts in small families, if bacon and eggs (not by any means a cheap dish) was only now and then given, and the scraps of meat and vegetables from the dinner or other meals were used to make the many little dishes into which they can be converted. (*See* chapters on BREAKFAST DISHES, THE ART OF "USING-UP" COLD REMAINS, etc.) We give some menus for different kinds of breakfasts, ranging from those suitable for a house party to the very simple every-day meal. Amongst the recipes will be found some few that may fairly be termed breakfast ones, and which we trust may be useful, but it will not be out of place to precede these by a few hints about the breakfast table itself.

THE BREAKFAST TABLE.

In small families, it is usual for the cups, saucers, etc., whether intended for tea or coffee, or both, to occupy only one end of the table, that at which the mistress of the household sits; the chief dish being then placed opposite the master at the other end. The cups should be neatly arranged with the tea or coffee-pot, milk or cream-jug and sugar in the centre. The dishes of meat or fish should be placed at the opposite end of the table, and the bread, butter, toast, eggs, etc., should be neatly and evenly arranged in the rest of the available space. In the centre should be some foliage or floral decoration, a fern in a pretty pot can be had for a mere trifle and made to last a long time.

Cold or hot plates must be put before the dishes for which they are intended; but to each person, on his left side, must be placed a small breakfast plate; and a small knife must be given in addition to the large knife and fork. If fish be served, fish-eaters should be placed just in the same way as at dinner, and there should be a sufficiency of carvers and spoons for serving. Small cruets only should be used, and these placed at the corner or corners of the table.

The tea and coffee should be well made, just in time but not too soon, so that they are at their best; there should be a good supply of hot water, and the milk for the coffee should be hot.

Porridge, bread and butter and other cereal foods may be very daintily and easily served in fireproof glass ware; the same applies to stewed fruit, a very favourite breakfast dish.

Breakfast being, in many homes, such a movable feast, an electric hot-plate is invaluable for keeping the various dishes warm, and hot toast made with one's own hands in an electric toaster, on the table, tastes delicious indeed. An electric egg-boiler or poacher on the breakfast-table will save many an egg from being cooked in the kitchen and from being "not wanted" in the breakfast-room.

When cold dishes are served, such as ham, tongue, potted meats, sardines, etc., they may be placed down the sides of the table.

MENUS FOR BREAKFAST.

FAMILY BREAKFASTS FOR A WEEK IN SUMMER.

Sunday.—Tea, coffee, hot and cold milk, bread, toast, butter, cold ham, sardine toast, boiled eggs, cresses, any fruits in season.

Monday.—Coffee, tea, hot and cold milk, bread, dry toast, butter, soused herrings, cheese omelette, marmalade.

Tuesday.—Coffee, tea, hot milk, bread, buttered toast, butter, scrambled eggs, cold tongue, strawberry jam, watercress.

Wednesday.—Coffee, tea, milk, bread, toast, butter, hot buttered scones, beef roll, ham and egg toast, any fresh fruit.

Thursday.—Coffee, tea, hot milk, bread, toast, butter, Findon haddock, poached eggs, watercress.

Friday.—Coffee, tea, milk, bread, rolls, butter, kedgeree, boiled eggs, fruit.

Saturday.—Coffee, tea, hot and cold milk, bread, toast, butter, rissoles of any cold meat, sardine toast, tomatoes.

FAMILY BREAKFASTS FOR A WEEK IN WINTER.

Sunday.—Coffee, tea, hot milk, bread, toast, butter, boiled fish (haddock or herring), eggs.

Monday.—Coffee, tea, hot and cold milk, bread, hot rolls, kidney toast, savoury omelet, marmalade.

Tuesday.—Coffee, tea, milk, porridge, bread, toast, butter, mince made from any scraps of cold meat, fried whiting, marmalade.

Wednesday.—Coffee, tea, hot and cold milk, bread, muffins, butter, brawn, grilled bacon, boiled eggs.

Thursday.—Coffee, tea, hot milk, porridge, bread, toast, butter, mutton cutlets and fried potatoes, sardines, marmalade.

Friday.—Coffee, tea, hot and cold milk, bread, toast, butter, baked fresh herrings, grilled kidneys, marmalade.

Saturday.—Cocoa, tea, hot and cold milk, bread, buttered toast, butter, salmi or hash of cold game or poultry, scrambled eggs.

The above bills of fare are simply

suggestions for a family of moderate size and income, and it will be seen that in them the remains of previous days' dinners are supposed to be used for the rissoles and other little dishes. It would be easy to take away or add a dish from any of them, but it will be found that there is a fair amount of variety in the dishes chosen.

The following list of breakfasts are for a family of small means :—

ECONOMICAL BREAKFASTS FOR ONE WEEK IN SUMMER.

Sunday.—Tea, milk, dry toast, bread, butter, porridge, brawn.

Monday.—Coffee, hot milk, rolls, bread, butter, poached eggs, watercresses.

Tuesday.—Tea, milk, bread, butter, toast, fried flounders.

Wednesday.—Coffee, hot milk, porridge, buttered toast, rissoles made from cold meat (any scraps left), any fresh fruit.

Thursday.—Coffee, hot milk, bread, butter, breakfast cakes, kedgeree, marmalade.

Friday.—Tea, milk, bread, butter, dry toast, minced meat and mashed potatoes (cold meat cookery), jam.

Saturday.—Coffee, hot milk, porridge, toast, scrambled eggs, fruit.

These breakfasts are very plain ones, suitable for a small family where there are children. For them bread and milk may be added on the mornings when there is no porridge given.

The brawn is supposed to be home made, as also the breakfast cakes.

The rissoles, the mince and the kedgeree would all be made from small scraps of meat or fish. The last-named dish is an excellent one for breakfast, besides being a very economical one.

The following breakfasts are intended for autumn and winter, it being more difficult to plan them out then than in summer, when fish, fruit, and other provisions are more plentiful and it is no hardship to have a cold breakfast.

ECONOMICAL BREAKFASTS FOR ONE WEEK IN WINTER.

Sunday.—Coffee, hot milk, bread, toast, butter, cold boiled bacon, eggs.

Monday.—Tea, milk, rolls, bread, butter, baked fresh herrings, marmalade.

Tuesday.—Coffee, hot milk, porridge, toast, butter, scrambled eggs.

Wednesday.—Cocoa, hot milk, bread, butter, rissoles made from cold meat.

Thursday.—Coffee, hot milk, bread, toast, ham ramakins.

Friday.—Tea, milk, bread, toast, butter, boiled haddock, watercresses.

Saturday.—Tea, milk, bread, butter, kidney toast.

GUESTS' BREAKFAST (SUMMER).

Fried Soles, Galantine of Chicken.
Cold Ham.
Grilled Kidneys and Bacon.
Boiled and Scrambled Eggs.
Watercresses.
Strawberries.
Tea, coffee, hot milk, cream.
Bread, rolls, toast, butter.
Marmalade, sardines, etc.

GUESTS' BREAKFAST (WINTER).

Oatmeal Porridge.
Scalloped Oysters.
Devilled Turkey.
Galantine of Veal.
Savoury Omelette, Grilled Ham.
Tea, coffee, hot and cold milk, cream, sugar.
Bread, rolls, toast dry and buttered, butter, marmalade, potted meat, etc.

LUNCHEON.

SPEAKING generally, the luncheons in households of moderate means comprise such dishes as simply dressed fish, a dish of cutlets, or an entrée prepared from the remains. of a previous meal, supplemented by cold joints, sweets, fruit and cheese. Or it may consist of a joint and a simple pudding, supplemented by other sweets remaining from dinner, especially when the household includes children who share the meal. Considerable ingenuity may be exercised in utilizing and arranging cold remains. On the preceding pages it is shown how fish, meat, poultry, and game may be converted into palatable and dainty dishes. Remains of rice and other farinaceous puddings may be made into croquettes, etc., or, if mixed with a little custard or whipped cream, they will form a foundation upon which stewed or tinned fruit may be piled, or they may be served as an accompaniment to the same. A tart dish with a huge gap in it is not very tempting, but it presents an altogether different appearance when the fruit is placed at the bottom of a glass dish, with the pastry cut in sections, and arranged at equal distances on the top of it. The meagre remains of a joint may be sliced and neatly arranged on a dish; and parts of birds, tarts, creams, jellies etc., are more presentable when cut into portions suitable for serving, and daintily placed on a dish.

The menu of a lunch for a number of persons should be as varied as possible. It should, in view of the very general liking for light dishes in the middle of the day, and the trend in the direction of vegetarianism, include at least one dish of simply-dressed fish and one or two farinaceous preparations, and dressed vegetables. Cold game, poultry or cold meat may be regarded as indispensable when a substantial meal is required. In other respects, general directions are impossible, such matters being determined by season, individual requirements, and taste, and, in small households, by the resources of the kitchen and kitchen staff.

LUNCHEON MENUS.

FAMILY LUNCHEONS FOR A WEEK IN SUMMER.

Monday.—Curried eggs, cold chicken, ham, salad.—Gooseberry fool, custard pudding.

Tuesday.—Savoury rice, meat cakes and salad. Compôte of cherries and blancmange, Swiss roll and custard.

Wednesday.—Cold lamb, mint sauce, fried fillets of whiting, anchovy sauce. Red-currant tart, castle puddings and custard.

Thursday.—Poached eggs on spinach, veal cutlets, asparagus. Caramel cream, fruit salad.

Friday.—Bean croquettes, sole au gratin, galantine of veal and salad. Apple amber, vanilla soufflé.

Saturday.—Salmon mayonnaise, chicken en casserole, cold lamb and salad. Gooseberry tart and cream, cold cabinet pudding.

Sunday.—Cold ham, salad.—Cake, preserve, strawberries and cream.—Bread, cheese, butter, biscuits.

FAMILY LUNCHEONS FOR A WEEK IN WINTER.

Monday.—Croquettes of fish, anchovy sauce, curried chicken, cold beef, mashed potatoes. Macaroni pudding.

Tuesday.—Stewed ox tail, galantine of chicken and salad. College puddings, baked apples.

Wednesday. — Macaroni soup, grilled mutton cutlets. Apple tart, caramel cream.

Thursday.—Scalloped fish, steak and kidney pie. Lemon pudding, fruit salad.

Friday.—Curried eggs, fried cod steak, veal cutlets and sauté potatoes. Apple charlotte, semolina pudding.

Saturday.—Cheese omelet, braised mutton, game pie. Chocolate pudding and custard, stewed peas and cream.

Sunday.—Vermicelli soup, compôte of pigeons, cold roast beef and salad, Baked lemon pudding, fruit in jelly.

LUNCHEON PARTY (SUMMER).

Hors d'Œuvres.
Fried Fillets of Sole. Anchovy Sauce.
Macaroni and Cream.
Chicken Patties.
Lamb Cutlets and Peas.
Cold Chicken and Tongue.
Cold Asparagus. Salad. Tomatoes.
Fruit Tart and Cream.
Charlotte Russe.
Strawberries and Jelly.
Fruit Salad.

LUNCHEON PARTY (WINTER).

Hors d'Œuvres or Clear Soup.
Turbot and Shrimp Sauce.
Chicken en Casserole.
Saddle of Mutton.
Cold Pheasant.
Galantine of Veal, Salad.
Apple Tart and Cream.
Fruit in Jelly.
Caramel Cream.

PICNIC LUNCHEON FOR 12 PERSONS.

Cold salmon (about 3 lb.) or some sardine or other fish sandwiches.
Mayonnaise sauce, cucumber (1 large).
Quarter of lamb, mint sauce, or about 6 lb. of cold beef and some horseradish sauce.
Chickens (2) or a large pigeon pie.
Tongue.
Salad and salad dressing.
Fruit tarts (2) or about 18 fruit or jam puffs.
Custard (1 qt.).
Jellies or creams (2).
Strawberries (2 qts.).
Cream (1 pt.).
½ lb. of cheese, ½ lb. of butter.
3 loaves of bread.
1 or 2 lb. of biscuits.

In arranging a picnic luncheon, a complete list of edibles and articles indispensable to service should be made. Food should be plenteous, as appetites are certain always to be abnormal on such occasions.

DINNER.

THE COURSES.

THE order of the courses of a modern dinner should be as follows: The soup is usually preceded by an *Hors d'œuvre*, such as sardines, oysters, croûtons or other little *appetisants*.

The First Course is usually soup, the second fish, then come the entrées (made dishes). *The next Course*, joints, then poultry and game, and after these savoury dishes, then sweets, then cheese and celery. When there are two roast meats they should be opposite colours, i.e. not two whites nor two browns. *Entrées* require care in handling; there is nearly always gravy with them, and this must not be upset upon the cloth. The last arrangement of dishes—which cannot be called a course, seeing that the dinner is virtually over—the dessert, comprises tastefully-arranged fruits, etc.

A complete dinner comprises the following eight courses:—

Hors d'œuvres.	Joint.
Soup.	Game.
Fish.	Sweets.
Entrée.	Savoury.

An abridged dinner seldom includes both joint and game, and it may be further shortened by dispensing with either sweets or savoury and hors d'œuvres, thus reducing it to a five-course dinner.

HORS D'ŒUVRES. Oysters are undoubtedly the most popular hors d'œuvres. When the hors d'œuvre is assorted each variety is placed on a separate dish or plate.

SOUPS. When two soups are served, one should be clear and the other a thick soup, the clear soup being placed first on the menu.

FISH. Considerable care is necessary to avoid repetition of colour and flavour. A dry fish, that is, a fish boiled, grilled or fried, should precede an entrée served *coated* with sauce, and vice versa; and the sauce accompanying the fish must differ in character, flavour and colour, from the preceding soup and the following entrée. A cold fish, such as salmon mayonnaise or salad, would follow the hot fish.

ENTRÉES. When there are two entrées, all such light dishes as creams, quenelles, croquettes, etc., are served before the more substantial entrées of meat, when the two are not handed at the same time. When the entrées are equally light or equally substantial, the more delicate dish would be offered first, and hot entrées are always served before cold ones.

JOINTS. "The Remove" usually consists of a joint and two or more vegetables, but a substantial "entrée" with a vegetable garnish, or poultry, or game may be substituted when a shorter and less substantial dinner is desired. The following course may be omitted altogether, or a vegetable *entremet*, such as spinach, soufflé, or dressed tomatoes, etc., may be served.

GAME OR ROAST. The game, or other birds, served in this course are plainly roasted and served with salad. Vegetable *entremets*, dressed salad, and many other dishes, such as foie gras, prawns, or plovers' eggs in aspic, are substituted for game.

SWEETS. When the menu includes both hot and cold sweets, the hot dish is offered first. All sweets, whether hot or cold, come before iced puddings or ices, which, when

large, are served in this course. Smaller ices may be served either in this course, or with the dessert. Dessert ices are always small.

SAVOURIES. Savouries should be small and highly seasoned, and when intended to be eaten hot they should be served in that condition. DESSERT follows the savoury, and then coffee.

In giving a dinner it is far better to have a simple meal, which one knows will be properly cooked and served, than to risk anything too elaborate.

THE ROOM.

The temperature of the room is a very important subject, and is often overlooked. It is not possible thoroughly to enjoy a good dinner in a room either too hot or too cold, and hostesses should well consider this matter.

DINNER MENUS.

FAMILY DINNERS (SPRING).

I.

Sunday.—Roast leg of lamb, mint sauce, potatoes, spinach.—Gooseberry tart, custard.

Monday. — Spring soup. — Cold lamb, salad, mashed potatoes.—Baked ground rice pudding.

Tuesday.—Fried soles.—Stewed breast of veal, potatoes.—Currant dumplings.

Wednesday. — Roast chickens, ham, steak pie, potatoes, greens.—Sweet omelette.

Thursday. — Curried chicken.—Roast leg of mutton, greens, potatoes.—Stewed prunes and rice.

Friday.—Fried whiting, melted butter. — Cold mutton, salad, mashed potatoes.—Gooseberry pudding.

Saturday.—Soup.—Haricot mutton, potatoes.—Macaroni cheese.

II.

Sunday.—Julienne.—Roast veal, ham, potatoes, greens.—Amber pudding.

Monday. Beefsteak and kidney pie, cold veal and ham, potatoes, salad.—Gooseberry tart, custard.

Tuesday. — Salmon, cucumber, Tartare sauce.—Minced veal, potatoes.—Jam tart.

Wednesday.—Vegetable soup.—Leg of lamb, mint sauce, potatoes, greens.—Macaroni cheese.

Thursday.—Mayonnaise of cold salmon.—Fillet of beef with vegetables.—Currant tart.

Friday. — Soup. — Cold lamb, salad, potatoes.—Exeter pudding.

Saturday.—Ribs of beef boned and roasted, vegetables, Yorkshire pudding.—Cheese ramakins.

FAMILY DINNERS (SUMMER).

I.

Sunday.—Roast quarter of lamb, peas, potatoes. Fruit tart, cream.

Monday.—Soup.—Cold lamb, and tomato salad, potatoes. — Plain Charlotte russe.

Tuesday.—Boiled mackerel, cucumber.—Stewed steak with vegetables.—Gooseberry fool, and cornflour shape.

Wednesday. — Spring soup. — Hashed lamb, veal cutlets, peas, potatoes.—Cheese salad.

Thursday.—Roast beef, summer cabbage, potatoes, Yorkshire pudding.—Cold fruit tart.

Friday.—Salmon, caper sauce.—Cold beef, salad, mashed potatoes.—Baked rice pudding.

Saturday.—Fish salad made with cold salmon.—Hashed beef, peas, potatoes.—Stewed fruit.

II.

Sunday.—Roast fillet of veal, bacon, beans, potatoes.—Raspberry and currant tart, custard.

Monday.—Lentil soup—Cold veal and bacon, salad, potatoes.—Gingerbread pudding.

Tuesday.—Rissoles from cold

meat.—Roast ducks, peas, potatoes.—Cherry pudding.

Wednesday. — Salmon trout. — Salmi of duck, steak and tomatoes, potatoes.—Marmalade pudding.

Thursday.—Roast leg of mutton, beans, potatoes.—Apple dumplings.

Friday.—Boiled mackerel.—Cold mutton, salad, potatoes.—Fruit, tart, cream.

Saturday.—Green pea soup.—Mutton collops, potatoes.—Jam pudding.

FAMILY DINNERS (AUTUMN).

I.

Sunday.—Roast goose, apple sauce, potatoes, cabbage.—Apple tart, baked custard pudding.

Monday.—Giblet soup.—Haricot mutton, potatoes.—Damson pudding.

Tuesday.—Brill and lobster sauce. Hashed goose, potatoes.—Omelet.

Wednesday.—Fish pie.—Boiled beef, carrots, turnips, potatoes, dumplings.—Cheese and tomatoes.

Thursday.—Pea soup.—Cold beef, salad, mashed potatoes.—Baked arrowroot pudding.

Friday.—Haddocks and egg sauce. —Rabbit pie, potatoes.—Salad.

Saturday.—Boiled mutton, caper sauce, turnips, potatoes.—Fruit.

II.

Sunday.—Roast sirloin of beef, horseradish sauce, vegetable marrow, potatoes.—Plum tart, custard.

Monday. — Soup. — Cold beef, beetroot, mashed potatoes.—Pancakes.

Tuesday.—Fried soles.—Stewed beef and tomatoes, potatoes.—Savoury rice.

Wednesday.—Boiled rabbits and pork, onion sauce, potatoes.—Apple pudding.

Thursday.—Roast pork, apple sauce, vegetables.—Golden pudding.

Friday.—Baked fresh haddock. —Cold pork, potatoes —Cheese omelette.

Saturday. — Vegetable soup. — Loin of mutton boned and stuffed, greens, potatoes.—Sago pudding.

FAMILY DINNERS (WINTER).

I.

Sunday.—Roast turkey, sausages. Brussels sprouts, potatoes.—Lemon pudding, mince pies.

Monday.—Oyster soup.—Beef olives.—Cold turkey, mashed potatoes.—Baked rice pudding.

Tuesday.—Fried soles, anchovy sauce.—Boiled beef, carrots, turnips, potatoes, small suet dumplings.—Celery salad.

Wednesday.—Soup made from liquor from beef and bones of turkey.—Croquettes of turkey, cold beef, salad, fried potatoes.—Plain plum pudding.

Thursday. — Roast mutton, greens, potatoes.—Baked batter pudding with apples.

Friday.—Cod, boiled, shrimp sauce.—Cold beef, baked potatoes, beetroot.—Jam sandwiches.

Saturday.—Mulligatawny soup. —Ragoût of beef, with vegetables, potatoes. — Sago pudding and stewed prunes.

II.

Sunday.—Roast sirloin of beef, Brussels sprouts, potatoes, Yorkshire pudding.—Apple tart, custard.

Monday.—Pea soup.—Cold beef, salad, potatoes.—Baked ground rice pudding.

Tuesday.—Baked fresh herrings. —Stew of remains of cold beef, potatoes.—Treacle pudding.

Wednesday.—Boiled leg of pork, pease pudding, apple sauce, savoy or sprouts, potatoes.—Macaroni cheese.

Thursday.—Vegetable soup made from liquor in which pork was boiled. Cold pork, pickles, mashed potatoes.—Boiled or baked bread pudding.

Friday.—Curried pork from cold pork, fried steak, rice.—Baked apple dumplings.

Saturday.—Irish stew, made from neck of mutton.—Mince pies.—Cheese biscuits.

MENUS FOR SIX-COURSE DINNERS.

Clear Soup, Custard Garnish.
Barley Cream Soup.
Red Mullet, Italian Sauce.
Lamb's Sweetbread in Cases.
Green Peas, French style.
Fried Potatoes.
Roast Chicken, Watercress Garnish.
Celery and Pimento Salad.
Vanilla Soufflé.
Strawberry Open Tart.
Small Salmon Tartlets, Scotch style.
Cheese.
Dessert.

Clear Soup garnished with Rice, etc.
Green Pea Purée.
Oyster Soufflé.
Chicken, Marengo style.
Roast Lamb, Mint Sauce.
Asparagus, Hollandaise Sauce.
New Potatoes dressed in Butter.
Pineapple and Rice.
Charlotte Russe.
Eggs, Swiss style.
Cheese.
Dessert.

MENUS FOR FIVE-COURSE DINNERS.

Clear Soup garnished with Custard.
Fried Smelts, Tartare Sauce.
Lamb's Sweetbread in Cases.
Roast Saddle of Mutton.
Asparagus, Dutch Sauce.
New Potatoes with Butter.
Savarin with Macédoine of Fruit.
Anchovy Rolls.
Cheese.
Dessert.

Clear Soup garnished with Italian Paste.
Fillets of Sole, Mornay Style.
Fillets of Beef, fried Potato Garnish.
Cauliflowers with White Sauce.
Rosettes of Potato Purée.
Roast Chicken.
Lettuce Salad.
Viennese Pudding.
Cheese Fritters.
Cheese.
Dessert.

MENU FOR FOUR-COURSE DINNER.

Green Pea Soup, or
Fillets of Whiting with Poulette Sauce.
Haricot Mutton.
Jerusalem Artichokes dressed in Butter.
Potato Croquettes.
Roast Chicken.
Lettuce Salad.
Pears, Florentine Style, or
Cheese Straws.
Cheese.
Dessert.

MENUS FOR THREE-COURSE DINNERS (each including a Dish made from Cold Remains).

Meat Fritters.
Stewed Rabbit (or Veal).
Apple Charlotte.

Crépinettes of Rabbit.
Mutton Cutlets and Rice.
Gooseberry Pudding.

Chicken Croquettes.
Shoulder of Mutton boned and rolled.
Apricots with Rice.

Curried Mutton.
Fillet of Veal Stuffed.
Pancakes.

VEGETARIAN DINNERS.

I.

Lentil Soup.
Cucumber and Eggs.
Macaroni and Cream.
Tomato Salad.
Cold Cabinet Pudding, or
Fruit Salad.
Welsh Rarebit.

II.

Vegetable Soup.
Cheese Omelet.
Baked Windsor Beans.
Iced Asparagus.
Apple Amber, or
Fruit in Jelly.
Grilled Mushrooms.

TEA AND SUPPER.

Tea, even when substantial, makes less demand on the resources of the household than breakfast, luncheon, or dinner. Good housewives with the necessary time at their disposal contrive, even when other means are limited, to have a store of home-made jams, jellies and cakes at their disposal. When more plenteous meals are required, sandwiches, preserved and potted meat offer a wide choice in this direction. Galantines, chaudfroid of chicken, simply dressed fish, and nearly all breakfast and supper dishes are equally suitable for "High Tea."

The sandwiches, cakes, etc., provided for an "At home" tea, should always include an assortment which may be handled without injury to gloves. Strawberries should have the stalks removed so that they may be eaten with a fork.

At supper, food of a light description should be served, and to make these meals enjoyable, the dishes should be as varied as possible. Fish re-dressed in the form of mayonnaises, croquettes or pies, can easily be made into a good supper dish; the remains of poultry or game hashed make a tempting and savoury one where hot dishes or game are liked, and all kinds of odds and ends can, with a little ingenuity, be utilized to form more appetizing food at supper time than perpetual cold meat. Salad or cucumber should not be wanting at the family meal in summer, when such things are plentiful and cheap, while in winter a few cold potatoes fried make a nice addition, or a well-made potato salad. As with breakfast dishes, those for supper are more a question of trouble and time than cost; but food that we can enjoy instead of food for which we have no relish has such a material difference of effect upon our system. The housewife should have the last meal of the day, as far as lies in her power, suited to the taste of all.

SUPPER MENUS.

FAMILY SUPPERS FOR A WEEK.

Sunday.—Cold beef, salad or beetroot, cold fruit tart, rice pudding, cheese, butter, bread, biscuits.

Monday.—Rissoles of cold meat, brawn, pickles, stewed prunes, cheese, etc.

Tuesday.—Baked fresh haddock, cold bacon or ham, cake, cheese, etc.

Wednesday.—Fish pie made from cold fish, any cold meat, salad, cake, cheese, etc.

Thursday.—Poached eggs and spinach cold ham, bread and butter pudding, cheese, etc.

Friday.—Scalloped fish, brawn, preserve, cheese, etc.

Saturday.—Steak or veal pie, baked potatoes, cakes, cheese, etc.

MENUS FOR SMALL SUPPER PARTIES.

Hot Suppers.

Grilled Salmon and Tartare Sauce.
Curried Veal.
Potato Balls.
Apple Charlotte.
Cheese, Butter, Biscuits.

Baked Fillets of Plaice.
Stewed Steak.
French Beans.
Bakewell Tart.
Cheese, Butter, Biscuits.

Cold Suppers.

Chicken Mayonnaise.
Pressed Beef.
Tomato Salad.
Gooseberry Tartlets.
Cheese, Butter, Biscuits.

HOUSEHOLD HINTS AND RECIPES.

Blankets, to Clean.—Dissolve 2 large tablespoonfuls of borax or a little lump ammonia in a pint of soft water, and when dissolved add to the warm soapy water in which the blankets are to be soaked. Put 1 blanket at a time into the liquid, and let it soak for a short time. Then move the blanket about in the water, squeezing it between the hands, and when clean drain and rinse thoroughly in 2 waters, and hang up to dry. Do not wring the blanket, but shake occasionally until dry. A washing-machine is not suitable for blankets.

Blood-stains, to Remove from Clothes.—Soak for about an hour in luke-warm water to which a little salt has been added, and wash with washing-soap. A bleaching solution may be necessary if the stains are very old.

Brass Ornaments, to Clean.—Wash them over thoroughly with hot soapy water, a brush being used to penetrate the interstices and chased portions. The articles should be rinsed in clean water, carefully dried, and polished with a clean leather and polishing paste if necessary.

Bronzes, to Clean.—Free the articles from all dust and grease, and apply a mixture of 1 part muriatic acid and 2 parts water with a cloth. When dry, polish with sweet oil.

Ceilings, to Clean.—Ceilings which have become blackened with smoke may be easily cleaned with a cloth wrung out from warm water in which a piece of ordinary washing-soda has been dissolved. Soap, however, should never be used in the process. Ceilings may also be covered with washable paper.

Chimney on Fire.—Close all doors and windows tightly, throw a few handfuls of common salt on the fire, and fix a wet blanket in front of the fire to shut out any draught.

Clothing on Fire.—If one's clothing should become ignited wrap a blanket, a carpet, or woollen article tightly around the person, or roll over and over on the floor. A sharp smack with the palm of the hand, taking care to press firmly—*very quickly*—will often extinguish a small flame. Do not remain in an upright position, and do not rush into the open air.

Cocoa Stains.—Sponge at once with cold water. Do not use hot water.

Coffee Stains.—Rub the stain gently with a little glycerine, rinse in tepid water, then iron with a moderate iron on the wrong side till dry.

Coloured Clothing, to Clean.—Before submitting coloured embroideries to an ordinary soap and water bath, it should be ascertained whether the colours are likely to run. White blouses, embroidered pink, blue and other colours, should be laid for 2 hours in salt and water or vinegar and water before they are washed. The salt must be thoroughly dissolved and absorbed by the water. The proportion of either salt or vinegar is 1 tablespoonful to each quart of water. A

teaspoonful of alum added to each gallon of brine also helps to set colours. The water used for washing delicate embroideries likely to run should not be very hot. Salt or vinegar added to the final rinsing-water tends to revive colour where faded.

Crickets and Beetles.—Spray paraffin into all likely crevices and cracks, and dust the shelves and floor with borax powder or insect powder.

Damp in Cupboards.—A box of quicklime placed in a damp cupboard will entirely absorb all moisture in a few days.

Damp Stains on Linen.—If damp stains are observed in any linen article which has been put away for any length of time, these should be rubbed with finely-powdered chalk, each spot being separately treated, and the chalk being allowed to remain on until the material has dried. The linen should then be washed in the usual way.

Finger Marks.—A few drops of paraffin applied by means of a house-flannel will effectually remove finger marks on white enamelled doors and windows. The woodwork should be wiped immediately afterwards with a cloth dipped in very hot water, or the smell of the oil will cling to the enamel for some time.

Flies.—Beer or treacle in a saucer, or treacle smeared on sheets of paper, will attract and kill flies. If a teaspoonful of carbolic acid be poured on a hot shovel it will drive flies from the room. Persian insect-powder is also effectual. Burn all refuse, which forms a sure breeding-ground for flies. All window and door frames should be frequently washed down with paraffin or disinfectant.

Fruit-stains on Linen.—Powdered starch applied instantly will remove the stain. Let it remain on the linen until the discoloration has become absorbed by the starch, then brush off and wash in the usual way, or rub the stain with salt and lemon-juice. If the stain is an old one, rub lard or glycerine over it, and allow it to stand for about an hour. Boiling water must then be poured through the linen, this will remove both the grease and the stain. Chloride of lime dissolved in the water will remove very obstinate fruit-stains.

Furniture, Bruises in.—To remove bruises from furniture, wet the part with warm water, double a piece of brown paper several times, soak it in warm water, and lay it on the bruise; then apply a warm—not hot—iron until the moisture has evaporated. If the dent is not raised to the surface repeat the process.

Furniture, Hot Plate Marks.—These are very difficult to remove, but they may be made less conspicuous by rubbing the stains in a circular motion with linseed oil and then polishing the table with spirits of wine. It may be necessary to repeat the process several times.

Furniture, Scratches to Remove.—Apply a mixture of turpentine and linseed oil in equal proportions. Rub gently with a soft rag.

Grease Stains.—The removal of grease stains may generally be accomplished by washing in borax and water, if the material can be thus treated. If the material is cloth, powdered French chalk should be used. It should be placed on the stain, and then the cloth should be held over a heated iron; the heat will melt the grease and the chalk will absorb it. Rub off the chalk with a linen rag. If spirits of turpentine are applied, use a small sponge and rub the cloth afterwards with a clean linen rag. Lemon extract will remove the smell of the turpentine (*see* Fruit Stains).

Grease, to Remove from Hearth.—Cover immediately with hot coal or ashes, leave for some time, then remove.

Ink-stains, to Remove.—Ink-stains in fabrics with a heavy pile may be removed by covering the spot with table salt and then moistening the salt with milk. The moist salt should remain on the stain for several hours; it should then be brushed off and the fabric sponged with clean water. Repeat the process until the stain has disappeared. Ink-spots in *linen* are removed by dipping the part into hot water, and then spreading it smoothly over a basin or on the back of a spoon, pouring a few drops of oxalic acid or salts of sorrel over the ink-spot and rubbing and rinsing it in cold water until removed. Ink-stains on *floors* should be scrubbed with scrubbing mixture.

Ironmould Stains.—Ironmould stains in clothes can be removed with oxalic acid or salts of sorrel. Another method is to cover the spot with salt, and then squeeze a few drops of lemon-juice over the salt. Leave for ½ an hour and then rinse in a weak solution of ammonia, and afterwards wash in clean water. Repeat the operation until successful. Should the above solution be ineffective, saturate the stain with a drop of diluted hydrochloric acid, and *at once* rinse in a solution of warm water and ammonia, and then in clean water.

Leather Reviver.—Mix ½ of a pint of vinegar with ¼ of a pint of boiled linseed oil, and shake in a bottle till of the consistency of cream. Rub a little of this into the leather and polish with a soft duster.

Marking Ink, to Remove.—Take the piece of marked linen and immerse it in a solution of chloride of lime. In a few minutes the characters will be seen to pass from black to white, owing to a new preparation of silver having been formed. This white chloride of silver becomes soluble in liquid ammonia. The linen should be removed quickly from the chloride of lime solution straight into one of ammonia, allowing it to remain in the latter only a few minutes. The article should then be rinsed in clean water.

Medicine Stains.—Stains can be removed from silver or electro-plate spoons by wiping with a rag previously dipped in a little sulphuric acid. Wash in warm soapy water, then rinse in clean water and dry. Fuller's earth or ammonia may usually be relied upon to remove medicine stains from clothes.

Mildew, to Remove.—Leave the article to soak in milk overnight, and in the morning place it in the sun to dry. Another method is to spread soft soap mixed with starch, salt and the juice of a lemon over the markings on both sides of the fabric and place in the sun for a day, renewing the treatment 2 or 3 times. Should neither of these methods prove effective, soak the article in a diluted solution of chloride of lime for about ½ an hour, and then rinse in water to which hyposulphite of soda has been added (¼ of an oz. to each quart of water). Rinse again in clean water.

Moths.—Place pieces of camphor, cedar-wood, Russian leather, tobacco leaves, naphtha balls, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept.

The moth-proofing of woollens is a matter of importance. This can be accomplished by using a solution of 1 lb. of alum in 4 quarts of water, and it will be found an absolute preventive against the ravages of the clothes-moth. Crude alum is a permanent protection to unwashed fabrics. A piece of linen, moistened with turpentine and put into the wardrobe or drawers for a single day, 2 or 3 times a year, is also a preservative against moths.

Pipe, Blocked.—Force a mixture of soda and salt as far as possible down the offending pipe. Half an hour later swill the pipe with boiling water, and then flush well

with warm water. For frozen pipes use salt and boiling water in the same manner.

Plate, Care of.—Silver in daily use should be washed as soon as possible after leaving the table. After a preliminary rinsing lay aside any stained pieces for future care and immerse the rest in a pan of clean, hot, soapy water. Wash such pieces as need it with a soft cloth, and place them all in another pan of hot water, to which a tablespoonful of ammonia and a dash of soap have been added. Wipe the pieces directly from this water without draining them. Follow this by rubbing with chamois leather or soft flannel. Soap should never be rubbed directly on the silver, but a strong suds should be made with the soap. *Electric plates* are sold which, when immersed with the silver in boiling water and soda, will clean the silver, and at the same time brighten it.

Rust Preventive.—To prevent grates, boot-scrapers, etc., from rusting, take ½ an oz. of powdered camphor and melt it before the fire in 1 lb. of good lard. Add as much blacklead as is necessary to give it a dark colour. Clean the ironwork, then smear it over with this preparation. After 24 hours the grease should be removed by rubbing the ironwork with a cloth. The grates will keep free from rust for months after an application of this mixture. Painting grates, etc., with Brunswick black, after fires are finished with, will keep grates in good condition all summer.

Scorch Marks, to Remove.—These may be removed from linen, provided the threads are not actually consumed, by rubbing the places with the juice of a raw lemon and allowing the linen to dry in the direct rays of the sun. Scorch marks in woollens and silks should be smeared with borax and glycerine, and then, after an hour, carefully washed; if the scorch marks are fresh and not too deep, they should be removed.

Stains in Boards.—To remove grease and oil stains from boards, scrub them with hot water, using a hard brush which has been dipped in a mixture of 1 part of slaked lime and 3 parts of silver sand. Scrub in the direction of the grain of the wood, and rinse well. A paste of fuller's earth and water spread over the stains overnight will assist in their removal. (*See* Grease Stains, etc.)

Stains on Silver, to Remove.—Egg-stains are removed with wet salt; others with whiting moistened with alcohol or ammonia. After the stains have been removed, wash and polish the silver.

Tea Stains on Linen.—If fine linen is stained with tea, even after a long time the stains can be removed by steeping in borax and water.

Wine Stains on Linen.—The stained portion of linen should be held in a little boiling milk until the spot disappears sufficiently to enable it to be washed out completely with soap and water. If this is not effective, salt and lemon-juice may be applied.

Zinc, to Clean.—To clean zinc, wash in warm soapsuds, dry, and then rub thoroughly with a cloth dipped in either turpentine or paraffin.

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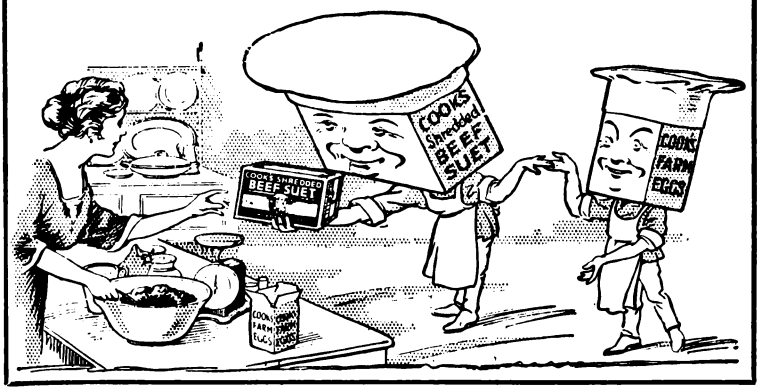
COOK'S SHREDDED BEEF SUET

Makes good cooking easy!



Nothing can take its place.

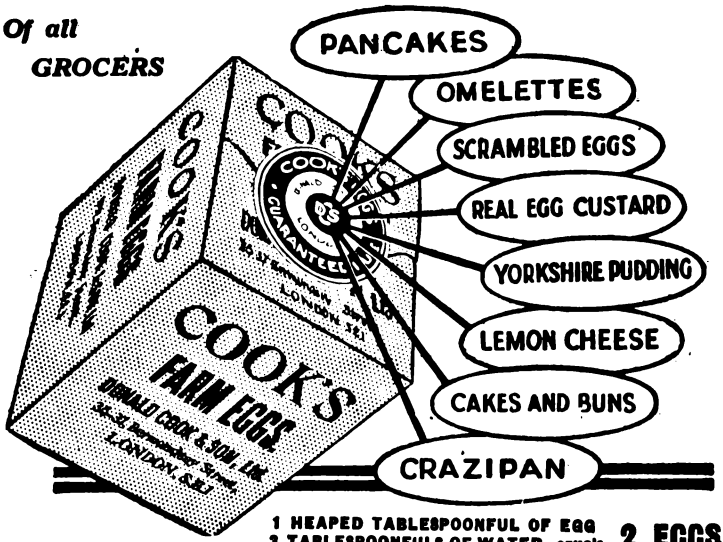
Don't imagine any substitute or fancy flour can possibly give you the same satisfactory results as you always obtain with

BORWICK'S

BAKING POWDER

Best in the world for home baking and most economical.

Of all GROCERS



1 HEAPED TABLESPOONFUL OF EGG
3 TABLESPOONFULS OF WATER equals **2 EGGS**

RIPPINGILLES

OIL STOVES

THE Modern and efficient method of cooking economically.

SOLD BY ALL IRONMONGERS

Lists from

RIPPINGILLES
ALBION LAMP CO., LTD.
Aston, Birmingham

Drink and enjoy

MAZAWATTEE TEA

SOLD ONLY IN SEALED PACKETS AND DECORATED TINS BY ALL GROCERS :: :: ::

MRS BEETON'S COOKERY BOOK

WARD LOCK & CO

MRS BEETON'S

COOKERY BOOK